

Base session

*Warm-up:*

10

3 Min build to L1 and hold  
 5 Min L2  
 2 min EZ

*Main Set*

Notes

11

Set 1  
 2 x 5 min as  
 4 min L1  
 1 min L2  
 1 minute bonus rest

11

Set 2  
 2 x 5 min as  
 3 min L1  
 2 min L2  
 1 minute bonus rest

11

Set 3  
 2 x 5 min as  
 2 min L2  
 3 min L3

10

Set 4  
 2 x 5 min as  
 1 min L2  
 4 min L3

58

*Cool-down:*

5 Min spin