

Base session



*Warm-up:*

10  
 3 Min build to L1 and hold  
 3 Min L2  
 3 Min as 30 seconds Max – 30 seconds Ez  
 1 Min Ez

*Main Set*

Notes

13  
 3 x:  
 3 min L1  
 1 min Ez  
 1 minute bonus rest

13  
 3 x:  
 3 min L2  
 1 min L1  
 1 minute bonus rest

16  
 4 x:  
 3 min L3  
 1 min Ez

Cool-down:

57  
 5 Min spin