

# LET'S GO FOR A Spin!

Bump up the intensity, boost your metabolism, and tone your lower bod while getting your cardio in! This is our go-to workout when we're feeling like jumping on the bike. Begin with very little resistance (1 or 2 turns from zero) and use your speed (RPM) to follow this routine!

-  - can maintain for 2 hours, and talking is easy: 30% effort
-  - can maintain for 45 minutes, and talking is slightly difficult: 50% effort
-  - can maintain for a few minutes, and talking is difficult: 80% effort
-  - can maintain for 1 minute, and talking is difficult: 90% effort

WHAT TO DO	MINUTES	SPEED	INTENSITY
Warm up: Seated	0-4	80 RPM	
Hills: Increase resistance by ½ turn. 1 min seated, 1 min standing and repeat.	4-8	70 RPM	
Sprint Jumps: Decrease resistance by ½ turn, increase speed. Stand up for 30 seconds, sit down for 30 seconds and repeat. Try and keep your speed consistent.	8-12	80-100 RPM	
Hills: Increase resistance by a ½ turn every 30 seconds.	12-15	40-60 RPM	
Rest: Bring the resistance back down to start. Sitting, cool down and lower your heart rate.	15-16	80 RPM	
Sprint Jumps: Increase speed. Stand up for 30 seconds, sit down for 30 seconds and repeat. Try and keep your speed consistent.	16-19	80-100 RPM	
Sprint: Sitting, pedal as fast as you can.	19-20	100-120 RPM	
Rest: Sitting, cool down and lower your heart rate.	20-21	80 RPM	
Hills: Increase resistance every 30 seconds by ½ turn.	21-24	40-60 RPM	
Rest: Bring the resistance down to start. Sitting, cool down and lower your heart rate.	24-25	80 RPM	
Sprint Jumps: Increase speed. Stand up for 30 seconds, sit down for 30 seconds and repeat. Try and keep your speed consistent.	25-27	80-100 RPM	
Hill sprint: Increase resistance by 2 full turns and stand up.	27-28	70 RPM	
Cool down: Seated, decrease resistance to start.	28-30	80 RPM	