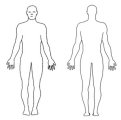
Intervals at moderate intensity, beginner

Interval workout on a bike for beginners, moderate intensity. You can also choose another activity, such as jogging, walking uphill, rowing, or using an elliptical.





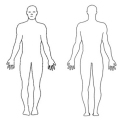
1. Bike

#385

You can choose a program and start the bike, or press quick start. Press plus/minus to change resistance. To finish press stop.

Duration: 10 min 0 sec, Fatigue: 6-10 Borg RPE





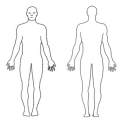
2. Bike

#385

You can choose a program and start the bike, or press quick start. Press plus/minus to change resistance. To finish press stop.

Duration: 5 min 0 sec, Fatigue: 14-16 Borg RPE, Pause: 1 min 30 sec, Sets: 2





3. Bike

#385

You can choose a program and start the bike, or press quick start. Press plus/minus to change resistance. To finish press stop.

Duration: 5 min 0 sec, Fatigue: 6-10 Borg RPE

Show video