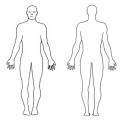
Interval workout at moderate intensity, advanced

Interval workout at moderate intensity for advanced individuals. You can also choose another form of activity, such as jogging, rowing, elliptical, or skierg.





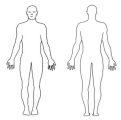
1. Bike

#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





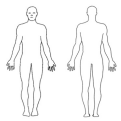
2. Bike

#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, Pause: 1 min 30 sec, Fatigue: 14-15 Borg RPE, Sets: 4





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