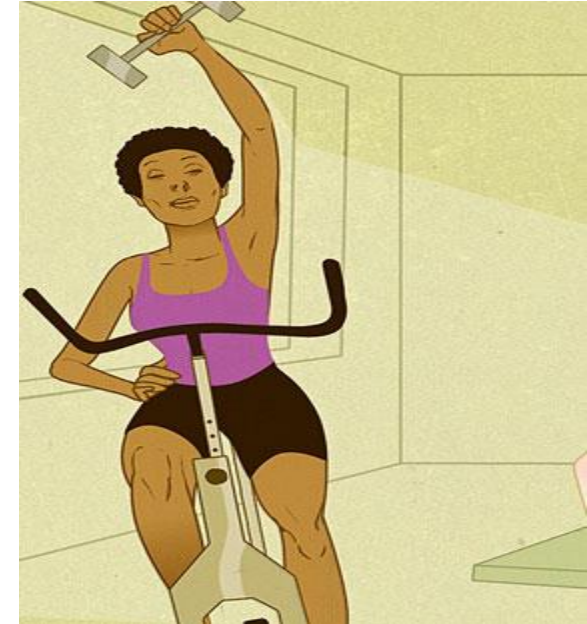


Stable-Bike

Elliptical

Treadmill

...ohh my!!!



Round 1

- ❖ 2 minutes on Stable Bike (steady pace)
- ❖ 1 minute on Treadmill (speed it up)
- ❖ 30 Seconds Elliptical (FULL OUT SPRINT)

**NO BREAK IN BETWEEN
GO!!!**

Round 2

- ❖ 2 minutes on Treadmill (steady pace)
- ❖ 1 minute on Elliptical (speed it up)
- ❖ 30 Seconds Stable Bike (FULL OUT SPRINT)

**NO BREAK IN BETWEEN
GO!!!**

Round 3

- ❖ 2 minutes on Elliptical (steady pace)
- ❖ 1 minute on Stable Bike (speed it up)
- ❖ 30 Seconds Treadmill (FULL OUT SPRINT)