

Your Workout Plan

TIME (MINS)	WHAT TO DO	SPEED (RPM)	Tension	RPE* (1-10)
0-4	Warm up: Stay seated with hands in second position	Moderate (80)	Light	3-4
4-8	Increase resistance; stay seated for 1 min, stand for 1 min, then repeat	Moderate (70-80)	Moderate	5-6
8-11	Decrease resistance and sit down with hands in second position	Fast (85-100)	Light	5
11-12	Stand up with hands in second position and jog	Fast (85-100)	Light	5-6
12-14	Sit down with hands in second position and increase resistance every 30 seconds	Slow to moderate (50-70)	Moderate to heavy	6-7
14-17	Stand up with hands in third position and increase resistance every minute	Slow (40-50)	Very heavy	7-9
17-26	Repeat minutes 8-17	Slow to fast (40-100)	Light to very heavy	5-9
26-28	Decrease resistance; stand up with hands in second position and jog	Very fast (100-125)	Light	8
28-30	Cool down: Sit down with hands in second position	Moderate (80)	Light	3-4

Workout intensity moderately hard
Equipment needed a studio bike like the Star Trac Spinner

Total time 30 minutes

Calories burned 250 to 350**

* Rate of perceived exertion; see page 173 for chart.

** Calorie burn is based on a 145-pound woman.