



FOX FITNESS
TRAINING

■ STATIONARY BIKE INTERVAL PROGRAM

- Perform 10 cycles per workout, alternating between intervals of high effort resistance and low effort resistance.
- Each workout, increase the time in the high effort interval by 2 seconds, and decrease the low effort interval time by 2 seconds.
- Always maintain 80 RPM.
- For best performance, perform cardio workouts 4-6 hours after your weight workout to take advantage of neural excitation.
- For convenience, cardio workouts may be completed immediately after your resistance training session.
- Always finish with at least a 5 minute cool down.

DATE	CYCLES	HIGH RES.	LOW RES.	HIGH RES. TIME	LOW RES. TIME	DISTANCE
	10			60	60	
	10			62	58	
	10			64	56	
	10			66	54	
	10			68	52	
	10			70	50	
	10			72	48	
	10			74	46	
	10			76	44	
	10			78	42	
	10			80	40	
	10			82	38	
	10			84	36	
	10			86	34	
	10			88	32	
	10			90	30	

To Print out more copies of this program, visit the client section at www.FoxFitness.ca