

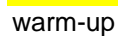
Recovery Zone:

Heart Rate _____

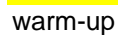
Heart Rate _____

Heart Rate _____

5 min. warm-up



High Intensity



High Intensity option

warm-up

WORKLOAD	65% 95%	75% 95%	65% 95% 75%	95% 65%	95%	65% 75%	95% 65%
Heart Rate							