

HEIMPROGRAMM: ROLLE 1

HOMeworkOUT ROLLE	DAUER	INTENSITÄT HERZFREQUENZ
WARM UP SEATED FLAT	1x15min easy	65%
STANDING	10x10sec hard mit 10sec easy	75%
SEATED CLIMB RESISTENCE	4x3min hard	80%
EASY RIDE	1x5min easy	65%
SEATED CLIMB RESISTENCE	5x2min hard mit 2min easy	85%
EASY RIDE	10min	65%

