

human design

24 SESSION

BIKE

WORKOUT

## 24 Session Bike Workout

Today I am going to show you a Bike workout that you can do for at least 24 sessions.

This bike workout is designed to:

- Build and tone the muscles of your legs (I have used this for my rehab)
- Increase your fitness and endurance
- Burn a lot of calories and fat
- Keep your training varied
- Be joint friendly

Anyone can do this from beginner to advanced and as it is joint friendly so you will not end up with any aches and pains, just some groaning when you find it tough.



### Bike Interval Workout:

#### Phase 1 - 6 Workouts

Session Number	Warm Up	Interval	Rest	Reps	Cool Down
1	5-10 Minutes	60 Secs Heavy Resistance Pedalling	60 Seconds	6	5-10 Minutes
2	5-10 Minutes	60 Secs Heavy Resistance Pedalling	60 Seconds	6	5-10 Minutes
3	5-10 Minutes	60 Secs Heavy Resistance Pedalling	60 Seconds	7	5-10 Minutes
4	5-10 Minutes	60 Secs Heavy Resistance Pedalling	60 Seconds	7	5-10 Minutes
5	5-10 Minutes	60 Secs Heavy Resistance Pedalling	60 Seconds	8	5-10 Minutes
6	5-10 Minutes	60 Secs Heavy Resistance Pedalling	60 Seconds	8	5-10 Minutes

**Phase 2 - 6 Workouts**

Session Number	Warm Up	Interval	Rest	Reps	Cool Down
7	5-10 Minutes	90 Secs Heavy Resistance Pedalling	60 Seconds	6	5-10 Minutes
8	5-10 Minutes	90 Secs Heavy Resistance Pedalling	60 Seconds	6	5-10 Minutes
9	5-10 Minutes	90 Secs Heavy Resistance Pedalling	60 Seconds	7	5-10 Minutes
10	5-10 Minutes	90 Secs Heavy Resistance Pedalling	60 Seconds	7	5-10 Minutes
11	5-10 Minutes	90 Secs Heavy Resistance Pedalling	60 Seconds	8	5-10 Minutes
12	5-10 Minutes	90 Secs Heavy Resistance Pedalling	60 Seconds	8	5-10 Minutes

**Phase 3 - 6 Workouts**

Session Number	Warm Up	Interval	Rest	Reps	Cool Down
13	5-10 Minutes	120 Secs Heavy Resistance Pedalling	60 Seconds	4	5-10 Minutes
14	5-10 Minutes	120 Secs Heavy Resistance Pedalling	60 Seconds	4	5-10 Minutes
15	5-10 Minutes	120 Secs Heavy Resistance Pedalling	60 Seconds	5	5-10 Minutes
16	5-10 Minutes	120 Secs Heavy Resistance Pedalling	60 Seconds	5	5-10 Minutes
17	5-10 Minutes	120 Secs Heavy Resistance Pedalling	60 Seconds	6	5-10 Minutes
18	5-10 Minutes	120 Secs Heavy Resistance Pedalling	60 Seconds	6	5-10 Minutes

**Phase 4 - 6 Workouts**

Session Number	Warm Up	Interval	Rest	Reps	Cool Down
19	5-10 Minutes	30 Seconds Top Speed - Moderate Resistance	90 Seconds	8	5-10 Minutes
20	5-10 Minutes	30 Seconds Top Speed - Moderate Resistance	90 Seconds	8	5-10 Minutes
21	5-10 Minutes	30 Seconds Top Speed - Moderate Resistance	90 Seconds	9	5-10 Minutes
22	5-10 Minutes	30 Seconds Top Speed - Moderate Resistance	90 Seconds	9	5-10 Minutes
23	5-10 Minutes	30 Seconds Top Speed - Moderate Resistance	90 Seconds	10	5-10 Minutes
24	5-10 Minutes	30 Seconds Top Speed - Moderate Resistance	90 Seconds	10	5-10 Minutes

**How To Perform This Program:**

Let's use Phase 1 as an example.

- The session number is obviously the workout number
- Perform a warm up of 5-10 mins depending on the amount of time you have
- Perform your first interval. The focus here is on resistance - not speed. Put the resistance up to a hard level where you feel like you are pedalling up a hill. Stay seated on the bike. Perform the pedalling for the allotted time, say 60 seconds. Rest for 60 seconds and repeat for the allotted reps.
- Cool down for 5-10 minutes.

When you move through the phases there will be small changes. Either the interval period will increase in length, or the rest will change or the amount of reps.

There is enough here to keep you interested and challenged for 24 workouts.

Enjoy the workouts and let me know how you get on.