**5 Set Killer Bike Workout**

* Set 1
	+ **GO all out for 20 seconds**
	+ **Then rest 20 seconds**
	+ **Repeat 8 Times**
	+ **Rest 60 seconds before set 2**
* Set 2
	+ **GO all out for 20 seconds**
	+ **Then rest 10 seconds**
	+ **Repeat 8 Times**
	+ **Rest 60 seconds before set 3**
* Set 3
	+ **Repeat set 1**
* Set 4
	+ **Repeat set 2**
* Set 5
	+ **GO all out for 30 seconds**
	+ **Then rest 20 seconds**
	+ **GO all out for 20 seconds**
	+ **Then rest 20 seconds**
	+ **Repeat 4 Times**