**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**