

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

