

Aerobic Workout								
ORDER	EXERCISE	WARM UP	Rounds	Time On	Time Off	REST	Week	NOTES
A1	Assault Bike / Ski Erg / Spin Bike	See notes	7	10	20	N/A	1	Warm up 5 mins LISS
B1	Assault Bike / Ski Erg / Spin Bike	See notes	7	10	20	N/A	2	Warm up 5 mins LISS
C1	Assault Bike / Ski Erg / Spin Bike	See notes	8	15	20	N/A	3	Warm up 5 mins LISS
A1	Assault Bike / Ski Erg / Spin Bike	See notes	8	20	25	N/A	4	Warm up 5 mins LISS
B1	Assault Bike / Ski Erg / Spin Bike	See notes	9	25	30	N/A	5	Warm up 5 mins LISS
C1	Assault Bike / Ski Erg / Spin Bike	See notes	9	30	25	N/A	6	Warm up 5 mins LISS
A1	Assault Bike / Ski Erg / Spin Bike	See notes	10	25	20	N/A	7	Warm up 5 mins LISS
B1	Assault Bike / Ski Erg / Spin Bike	See notes	10	20	15	N/A	8	Warm up 5 mins LISS
C1	Assault Bike / Ski Erg / Spin Bike	See notes	9	15	10	N/A	9	Warm up 5 mins LISS
A1	Assault Bike / Ski Erg / Spin Bike	See notes	9	10	5	N/A	10	Warm up 5 mins LISS
B1	Assault Bike / Ski Erg / Spin Bike	See notes	8	10	20	N/A	11	Warm up 5 mins LISS
C1	Assault Bike / Ski Erg / Spin Bike	See notes	8	15	20	N/A	12	Warm up 5 mins LISS
A1	Assault Bike / Ski Erg / Spin Bike	See notes	7	20	25	N/A	13	Warm up 5 mins LISS
B1	Assault Bike / Ski Erg / Spin Bike	See notes	7	25	30	N/A	14	Warm up 5 mins LISS
C1	Assault Bike / Ski Erg / Spin Bike	See notes	8	30	25	N/A	15	Warm up 5 mins LISS
A1	Assault Bike / Ski Erg / Spin Bike	See notes	8	25	20	N/A	16	Warm up 5 mins LISS
B1	Assault Bike / Ski Erg / Spin Bike	See notes	9	20	15	N/A	17	Warm up 5 mins LISS
C1	Assault Bike / Ski Erg / Spin Bike	See notes	9	15	10	N/A	18	Warm up 5 mins LISS
A1	Assault Bike / Ski Erg / Spin Bike	See notes	10	10	5	N/A	19	Warm up 5 mins LISS
B1	Assault Bike / Ski Erg / Spin Bike	See notes	10	10	20	N/A	20	Warm up 5 mins LISS
C1	Assault Bike / Ski Erg / Spin Bike	See notes	9	15	20	N/A	21	Warm up 5 mins LISS
A1	Assault Bike / Ski Erg / Spin Bike	See notes	9	20	25	N/A	22	Warm up 5 mins LISS
B1	Assault Bike / Ski Erg / Spin Bike	See notes	8	25	30	N/A	23	Warm up 5 mins LISS