

Fit Bit Friday 164

The Rock Solid Elliptical Workout

****Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.****

Description: You'll be working 2 times through a gradual build and a set of 5 climbing intervals. The intervals are only 1 minute each, and while the rest in between will definitely feel easier, you won't be just cruising along at a leisurely pace. The incline will stay high for the entire time, so you'll be controlling intensity of the intervals with resistance. The numbers below for resistance and incline are examples, but as always, please adjust them to match your fitness level.

		Resistance	Incline	RPE
0:00-5:00	Warm Up - Easy effort	8	8	4 to 6
5:00-10:00	Increase incline and resistance by 2 every minute for 5 mins	8 to 16	8 to 16	6
10:00-11:00	High resistance climb - 1 minute	16	18	8.5
11:00-12:00	Lower resistance climb - 1 minute	12	18	7.5
12:00-20:00	Repeat minutes 10-12 4 more times	10	14/16	7.5 to 8.5
20:00-35:00	Repeat minutes 5 to 20 again			
35:00-40:00	Easy cool-down	8	8	6 to 4
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