



Airdyne Workouts

20 calorie/3:00 rest interval workout – Spend 3 minutes warming up then go into a full sprint to burn 20 calories as fast as possible. When 20 calories are burned, recover for 3 minutes, still pedaling but at a very low intensity. Repeat for 4 rounds. The total workout time should be around 17 minutes including the 3 minute cool down.

20 second sprint: 10 second rest repeats until 200 calories – Give yourself at least a 2 minute warmup, then sprint for 20 seconds, then 10 second rest. Repeat this until 200 calories is achieved. Keep track of how many rounds it takes to compare to next time. Spend 3-5 minutes cooling down.

The Calorie Ladder – Warm up for 2 minutes, then burn 50 calories as fast as possible (you may want to pace yourself), then rest for the amount of time that it took you to achieve 50 calories, then burn 40 calories as fast as possible. Again, rest for the same amount of time that it took you to burn 40 calories, Repeat this for 30, 20 and 10 calories. The fun doesn't stop there as you work your way back up the ladder to 20, 30, 40, and finish back at 50. Take some time to cool back down, then walk into the woods to die.