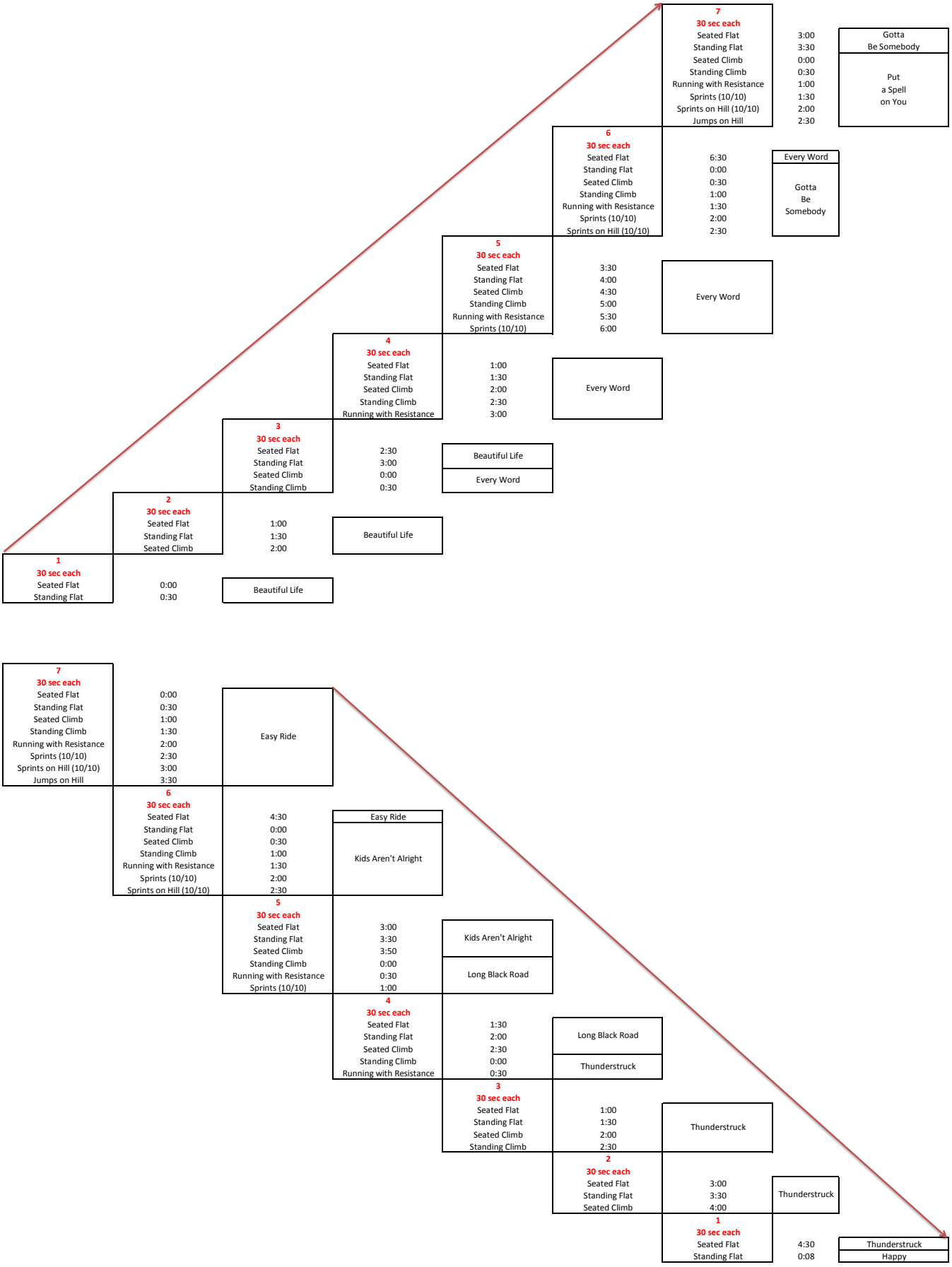
1
30 sec each
Seated Flat
Standing Flat
0:00
0:30
Beautiful Life
2
30 sec each
Seated Flat
Standing Flat
Seated Climb
1:00
1:30
2:00
Beautiful Life
3
30 sec each
Seated Flat
Standing Flat
Seated Climb
Standing Climb
2:30
3:00
0:00
0:30
Beautiful Life
Every Word
4
30 sec each
Seated Flat
Standing Flat
Seated Climb
Standing Climb
Running with Resistance
1:00
1:30
2:00
2:30
3:00
Every Word
5
30 sec each
Seated Flat
Standing Flat
Seated Climb
Standing Climb
Running with Resistance
Sprints (10/10)
3:30
4:00
4:30
5:00
5:30
6:00
Every Word
6
30 sec each
Seated Flat
Standing Flat
Seated Climb
Standing Climb
Running with Resistance
Sprints (10/10)
Sprints on Hill (10/10)
6:30
0:00
0:30
1:00
1:30
2:00
2:30
Every Word
Gotta
Be
Somebody
7
30 sec each
Seated Flat
Standing Flat
Seated Climb
Standing Climb
Running with Resistance
Sprints (10/10)
Sprints on Hill (10/10)
Jumps on Hill
3:00
3:30
0:00
0:30
1:00
1:30
2:00
2:30
Gotta
Be Somebody
Put
a Spell
on You
7
30 sec each
Seated Flat
Standing Flat
Seated Climb
Standing Climb
Running with Resistance
Sprints (10/10)
Sprints on Hill (10/10)
Jumps on Hill
0:00
0:30
1:00
1:30
2:00
2:30
3:00
3:30
Easy Ride
6
30 sec each
Seated Flat
Standing Flat
Seated Climb
Standing Climb
Running with Resistance
Sprints (10/10)
Sprints on Hill (10/10)
4:30
0:00
0:30
1:00
1:30
2:00
2:30
Easy Ride
Kids Aren't Alright
5
30 sec each
Seated Flat
Standing Flat
Seated Climb
Standing Climb
Running with Resistance
Sprints (10/10)
3:00
3:30
3:50
0:00
0:30
1:00
Kids Aren't Alright
Long Black Road
4
30 sec each
Seated Flat
Standing Flat
Seated Climb
Standing Climb
Running with Resistance
1:30
2:00
2:30
0:00
0:30
Long Black Road
Thunderstruck
3
30 sec each
Seated Flat
Standing Flat
Seated Climb
Standing Climb
1:00
1:30
2:00
2:30
Thunderstruck
2
30 sec each
Seated Flat
Standing Flat
Seated Climb
3:00
3:30
4:00
Thunderstruck
1
30 sec each
Seated Flat
Standing Flat
4:30
0:08
Thunderstruck
Happy