



# VORTEX



Stationary OR Road Bike

Pick a play list with atleast 12 songs.  
Keep with the beat of each song and  
rotate between the above

**SPIN 60% - 80%**

**SPIN 90%**

**SPRINT 100%**

**IN & OUT SADDLE HILL SPRINTS**

**BALCE ON BIKE SPIN - NO HANDS**