

INDOOR WORKOUT SERIES

SPONTANEOUS COMMBUSTER

Bust your chops during those commercial breaks to get in a high-intensity workout. Say goodbye to another excuse as to why you can't get it in... if it's time to watch TV, it's time to GO!



Length of Workout: Variable in 30 min increments
- The average 30 min TV show contains 8-10 min of commercials, with each break lasting between 2-3 min.



Benefits: Fun, enjoyable workout that boosts fitness while letting you multitask and save valuable time!



Tip: This session can be used as a workout or to break up easy, recovery rides. Make sure to take recovery days easy, but use this session to keep it interesting and keep yourself motivated.

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	When Used As Workout	When Used As Easy Day
Warm-up	Optional	Optional
During Show	Ride Easy	Ride Easy
During Commercial	Change Gear and/or Cadence, Ride Hard	Change Gear or Cadence, Remain Riding Easy
Cool-Down	Optional	Optional
Total Workout Time	Increments of 30 min	Increments of 30 min

Get more great tips for indoor training at
elliptigo.com/elliptical-bike-indoor-training/