

20 Min Elliptical #1: Intermediate

Time (min)	Crossramp	Resistance	Segment Length
0-2	10	6	2 min
2-4	10	7	2 min
4-6	10	8	2 min
6-8	10	9	2 min
8-9	10	10	1 min push
9-10	10	6	1 min recovery
10-11	10	11	1 min push
11-12	10	5	1 min recovery
12-13	10	12	1 min push
13-14	10	4	1 min recovery
14-15	10	13	1 min push
15-16	10	3	1 min recovery
16-17	10	14	1 min push
17-18	10	2	1 min recovery
18-19	10	15	1 min push
19-20	10	1	1 min cool-down