

# the bike hiit combo workout

Warm up with an easy 5 minutes of cycling, then hop off the bike and do the first circuit. After you've finished, jump back on the bike for 5 minutes of quick high-intensity intervals and be sure to give each one 100%. (Your heart rate should be very high and you should be very glad when they're finished!) Get back off the bike and work through circuits 2 and 3, again completing the HIIT portion after each. Cool down for 5 minutes, and you're done!

## 5 min easy cycling warm-up

### circuit

**1**

- 10 barbell squats
- 20 weighted walking lunges
- 20 weighted bench step-ups

### bike sprints:

1 min easy, 3x: (45s sprint, 15s recovery), 1 min easy

### circuit

**2**

- 10 weighted single leg squats per side
- 10 overhead dumbbell presses
- 10 bent-over dumbbell rows

### bike sprints:

1 min easy, 3x: (45s sprint, 15s recovery), 1 min easy

### circuit

**3**

- 10 walk-out push-ups
- 15 glute hip bridges (weight across hips)
- 30 russian twists

### bike sprints:

1 min easy, 3x: (45s sprint, 15s recovery), 1 min easy

5 mins easy cycling recovery