

assault bike hiit workouts

Assault bike hiit workouts are a powerful and efficient way to boost cardiovascular fitness, build endurance, and burn calories in a short amount of time. This article delves deep into the benefits, best practices, and sample routines for incorporating assault bike HIIT into your fitness regimen. We will explore why the assault bike stands out among cardio machines for high-intensity interval training, discuss proper technique, and provide actionable advice for beginners and experienced athletes alike. Discover how to maximize your efforts, prevent injuries, and achieve peak performance with these dynamic training sessions.

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The Power of Assault Bike HIIT

High-intensity interval training (HIIT) has revolutionized the fitness world, offering a time-efficient method to achieve significant physiological adaptations. When combined with the unique resistance profile of an assault bike, HIIT becomes an exceptionally potent tool for calorie expenditure and cardiovascular conditioning. The assault bike, often referred to as the "fan bike," uniquely utilizes both arm and leg movements, engaging a greater percentage of the body's muscle mass compared to other cardio machines. This full-body engagement is crucial for elevating heart rate rapidly and sustaining high work outputs, hallmarks of effective HIIT.

The core principle of HIIT, alternating between short bursts of maximal effort and brief recovery periods, is perfectly suited to the assault bike's design. The air resistance dynamically increases with your effort, meaning the harder you push and pull, the greater the resistance becomes. This self-regulating mechanism ensures that your intensity is always dictated by your current capacity, making it challenging yet adaptable for individuals of all fitness levels. The cumulative effect of repeated high-intensity efforts leads to significant improvements in $\dot{V}O_2$ max, metabolic rate, and overall athletic performance.

Why Choose the Assault Bike for HIIT?

The assault bike distinguishes itself from traditional cardio equipment due to its inherent design that promotes full-body engagement. Unlike treadmills or ellipticals that may primarily focus on lower body, the assault bike simultaneously works your legs, arms, core, and back. This comprehensive muscle activation leads to a more demanding and calorie-burning workout, as more oxygen is required to fuel the working muscles. This makes it an ideal platform for demanding HIIT sessions where rapid heart rate elevation and maximal effort are key objectives.

Unmatched Resistance Scaling

One of the most significant advantages of the assault bike for HIIT is its progressive air resistance system. The faster you pedal and push/pull with your arms, the more resistance the fan generates. This means that as your fitness improves, the bike inherently becomes more challenging, ensuring you are always pushing your limits. There are no pre-set resistance levels to cycle through; the resistance is a direct consequence of your output, making every workout a personalized challenge.

Low Impact, High Intensity

Despite its intensity, the assault bike offers a remarkably low-impact workout. The stationary nature of the bike and the smooth rotation of the fan minimize stress on your joints, particularly the knees and ankles. This makes it an excellent option for individuals who may experience joint pain or are recovering from injuries but still want to engage in high-intensity training. The ability to achieve a maximal cardiovascular stimulus without excessive joint trauma is a key differentiator.

Time Efficiency and Calorie Burn

Assault bike HIIT workouts are renowned for their time efficiency. A 20-30 minute session can provide a comprehensive cardiovascular workout equivalent to much longer moderate-intensity sessions. The high metabolic demand during and after the workout (the "afterburn effect" or EPOC) means you continue to burn calories at an elevated rate for hours post-exercise. This makes it a powerful tool for weight management and improving body composition.

Understanding HIIT Principles

High-intensity interval training, or HIIT, is a training strategy that alternates between periods of intense anaerobic exercise and short recovery periods. The goal is to push your body to its limits during the work intervals, forcing your cardiovascular system to adapt and become more efficient. This approach is highly effective for improving both aerobic and anaerobic fitness, increasing endurance, and accelerating fat loss.

Work to Rest Ratios

The effectiveness of a HIIT workout is heavily influenced by the ratio of work to rest periods. Common ratios range from 1:1 (e.g., 30 seconds on, 30 seconds off) to more aggressive ratios like 2:1 or even 3:1 for advanced athletes (e.g., 45 seconds on, 15 seconds off). For beginners, starting with longer rest periods or shorter work intervals is advisable to allow the body to recover and prevent burnout. As fitness improves, the work intervals can be extended, or the rest periods shortened.

Intensity Levels

The "high intensity" in HIIT refers to working at or near your maximum capacity during the work intervals. This typically translates to an exertion level of 80-95% of your maximum heart rate. On a perceived exertion scale of 1-10, this would feel like an 8 or 9, where speaking in full sentences is impossible. The recovery periods are crucial for allowing your heart rate to drop significantly, typically to around 50-60% of your maximum, enabling you to go hard again on the next work interval.

Progressive Overload

Like any training program, progressive overload is essential for continued improvement with assault bike HIIT. This means gradually increasing the challenge over time. On the assault bike, this can be achieved by:

- Increasing the duration of the work intervals.
- Decreasing the duration of the rest intervals.
- Increasing the number of rounds or sets.
- Improving your power output during the work intervals (going faster and harder).

- Adding a weighted vest for an extra challenge.

Getting Started with Assault Bike HIIT

For individuals new to assault bike HIIT, it's crucial to approach it with a structured plan that prioritizes proper form and gradual progression. Jumping into high-intensity intervals without adequate preparation can lead to overexertion, injury, or discouragement. Starting slowly allows your body to adapt to the demands of the bike and the intensity of HIIT.

Warm-Up Protocol

A thorough warm-up is non-negotiable before any HIIT session. It prepares your muscles and cardiovascular system for the intense work ahead, reducing the risk of injury and improving performance. A typical warm-up for assault bike HIIT should include:

- 5-10 minutes of light cycling on the assault bike, gradually increasing intensity.
- Dynamic stretching exercises focusing on major muscle groups, such as arm circles, leg swings, torso twists, and hip circles.
- A few minutes of higher-cadence spinning on the bike to elevate heart rate further.

Cool-Down Routine

Just as important as the warm-up is the cool-down. This phase helps your body gradually return to its resting state, aids in recovery, and can help alleviate muscle soreness.

- 5 minutes of very light pedaling on the assault bike to bring your heart rate down slowly.
- Static stretching, holding each stretch for 20-30 seconds, targeting the quads, hamstrings, calves, chest, shoulders, and triceps.

Choosing Your First Workouts

Beginners should start with shorter work intervals and longer rest periods. For instance, a 1:2 work-to-rest ratio is a good starting point. This could look like 20 seconds of all-out effort followed by 40 seconds of easy recovery pedaling. Perform this for a set number of rounds, perhaps 6-8, to get a feel for the intensity without overwhelming yourself. Gradually decrease the rest time or increase the work time as you build endurance.

Essential Assault Bike HIIT Workout Components

Effective assault bike HIIT workouts are built upon a foundation of structured intervals, smart pacing, and attention to recovery. Understanding these core components is key to designing sessions that are both challenging and sustainable for long-term progress.

Interval Structure and Timing

The cornerstone of any HIIT workout is the interval structure – the specific duration of high-intensity effort and the subsequent recovery period. For assault bike workouts, these intervals are typically short and sharp, designed to elicit a strong physiological response. Common interval timings include:

- 10 seconds ON / 20 seconds OFF
- 20 seconds ON / 40 seconds OFF
- 30 seconds ON / 30 seconds OFF
- 45 seconds ON / 15 seconds OFF
- 60 seconds ON / 30 seconds OFF

The choice of interval timing will dictate the overall intensity and duration of the workout. Shorter, more intense bursts are excellent for building anaerobic capacity, while longer intervals with shorter rests challenge aerobic endurance more directly.

Pacing and Effort During Work Intervals

During the "ON" or work intervals, the objective is to exert maximal or near-maximal effort. On the assault bike, this means pedaling and pushing/pulling with your arms as hard and fast as possible. The air resistance will automatically increase with your effort, so there's no need to manually adjust anything. Aim for a high cadence and powerful limb movements. The goal is to achieve a high power output, measured in watts, during these intervals. Don't be afraid to push yourself; this is where the significant physiological adaptations occur.

Recovery Strategies

The "OFF" or recovery intervals are just as critical as the work intervals. During recovery, the aim is to actively recover, not to stop completely. This means pedaling at a very light, easy pace with minimal arm involvement, allowing your heart rate to decrease significantly but not fully return to resting levels. This active recovery helps to clear metabolic byproducts and prepare your body for the next burst of intense effort. The intensity during recovery should be such that you can comfortably hold a conversation.

Total Workout Volume and Frequency

The total volume of a HIIT workout, including warm-up, work intervals, recovery, and cool-down, is typically between 20 and 40 minutes. Due to their high intensity, assault bike HIIT sessions should not be performed daily. Most individuals will benefit from 2-3 HIIT sessions per week, with adequate rest days in between to allow for muscle repair and recovery. Combining HIIT with lower-intensity steady-state cardio or strength training can create a well-rounded fitness program.

Sample Assault Bike HIIT Workouts

These sample workouts are designed to provide a variety of challenges for different fitness levels and goals. Remember to adjust the intensity and duration to suit your current capabilities and listen to your body.

Beginner Assault Bike HIIT: "The Gradual Build"

This workout focuses on building confidence and endurance with longer recovery periods.

- Warm-up: 10 minutes light cycling
- Workout: 8 rounds of:
 - 30 seconds ON (moderate to hard effort)
 - 60 seconds OFF (easy recovery pedaling)
- Cool-down: 5 minutes very light pedaling and stretching

Intermediate Assault Bike HIIT: "The Classic Ratio"

This workout uses a common 1:1 work-to-rest ratio, challenging your cardiovascular system significantly.

- Warm-up: 10 minutes dynamic warm-up, including 5 minutes of increasing intensity on the bike
- Workout: 10 rounds of:
 - 30 seconds ON (hard effort, aim for high RPMs and resistance)
 - 30 seconds OFF (easy recovery pedaling)
- Cool-down: 10 minutes light cycling and static stretching

Advanced Assault Bike HIIT: "The Tabata Style Challenge"

This high-intensity, short-burst workout is incredibly demanding and effective for boosting anaerobic capacity.

- Warm-up: 15 minutes with gradually increasing intensity and a few short sprints
- Workout: 8 rounds of:

- 20 seconds ON (ALL-OUT MAX EFFORT)
- 10 seconds OFF (brief recovery pedaling)
- Followed by a 1-minute easy recovery pedaling, then repeat the 8-round Tabata block two more times for a total of three Tabata blocks.
- Cool-down: 10 minutes very light pedaling and thorough stretching

"The Pyramid" Assault Bike HIIT

This workout progressively increases work time and decreases rest time, building intensity throughout.

- Warm-up: 10 minutes light to moderate cycling
- Workout:
 - Round 1: 30 seconds ON / 60 seconds OFF
 - Round 2: 40 seconds ON / 50 seconds OFF
 - Round 3: 50 seconds ON / 40 seconds OFF
 - Round 4: 60 seconds ON / 30 seconds OFF
 - Round 5: 50 seconds ON / 40 seconds OFF
 - Round 6: 40 seconds ON / 50 seconds OFF
 - Round 7: 30 seconds ON / 60 seconds OFF
- Cool-down: 5 minutes light cycling and stretching

Maximizing Your Assault Bike HIIT Results

To truly harness the power of assault bike HIIT and achieve optimal fitness gains, several strategies should be employed. It's not just about the workout itself, but also the preparation, execution, and recovery that surround it.

Consistency, proper nutrition, and intelligent programming are key pillars for maximizing your efforts.

Consistency is Key

The most impactful factor in achieving any fitness goal is consistency. Aim to stick to your assault bike HIIT schedule as closely as possible. Even if you have an off day, try to complete a shorter or slightly less intense session rather than skipping it entirely. Regular engagement with HIIT will lead to progressive improvements in cardiovascular health, endurance, and calorie expenditure over time.

Nutrition and Hydration

Proper fueling is essential to support the demands of high-intensity training. Ensure you are consuming adequate carbohydrates to provide energy for your workouts and protein to aid muscle recovery and repair. Hydration is equally critical; drink plenty of water throughout the day, especially in the hours leading up to and following your assault bike sessions. Electrolyte balance can also be important for prolonged or particularly sweaty workouts.

Listen to Your Body and Track Progress

While pushing your limits is part of HIIT, it's crucial to differentiate between discomfort and pain. Pay close attention to your body's signals. If you experience sharp pain or excessive fatigue, it's time to back off. Tracking your workouts – noting the duration of work/rest intervals, your perceived exertion, and any metrics like power output or distance – can be highly motivating and informative. This data allows you to see your progress and make informed adjustments to your training.

Periodization and Variation

To avoid plateaus and maintain motivation, consider incorporating periodization into your training. This involves cycling through different phases of training, varying the intensity, volume, and type of assault bike HIIT workouts. For example, you might dedicate a few weeks to building aerobic capacity with longer intervals, followed by a few weeks focusing on pure anaerobic power with shorter, all-out sprints. Introducing variations keeps your body guessing and promotes continued adaptation.

Preventing Injury During Assault Bike HIIT

While the assault bike is relatively low-impact, high-intensity interval training inherently places significant stress on the body. Implementing preventative measures is crucial to ensure you can continue training effectively and safely without derailing your progress due to injury. Prioritizing proper form, adequate recovery, and sensible progression are paramount.

Mastering Proper Form

Correct form on the assault bike not only maximizes efficiency but also minimizes the risk of injury. Ensure your posture is upright and engaged, with a slight bend in your elbows when reaching forward. Your core should be braced to stabilize your torso. Avoid hunching your shoulders or excessively arching your back. Focus on a smooth, circular pedaling motion and coordinated arm drive. If you're unsure about your form, consider seeking guidance from a fitness professional.

The Importance of Gradual Progression

As discussed earlier, jumping into overly aggressive HIIT protocols can lead to overuse injuries. Always start with the foundational principles of HIIT and gradually increase the intensity, duration, or frequency of your workouts. Listen to your body's feedback – if you feel unusual fatigue or soreness that persists beyond a normal recovery period, you may be progressing too quickly.

Adequate Recovery Between Sessions

Rest and recovery are when your body adapts and becomes stronger. Overtraining, which occurs when the body is pushed too hard without sufficient recovery, is a primary cause of injury. Ensure you have at least 24-48 hours of rest between intense assault bike HIIT sessions. Prioritize sleep, as it's a critical component of the recovery process. Active recovery, such as light stretching or a gentle walk, can also aid in muscle repair.

Listen to Your Body and Address Pain

This cannot be stressed enough: do not ignore pain. There's a difference between muscle fatigue and joint pain or sharp, acute pain. If you experience

any discomfort that feels like it could lead to an injury, stop the workout immediately. Seek advice from a healthcare professional or physical therapist if the pain persists. Addressing minor issues before they become major problems is essential for long-term training adherence.

Hydration and Nutrition for Recovery

Proper hydration and a balanced diet play a significant role in muscle repair and overall recovery, which indirectly helps prevent injuries. Ensuring you are well-hydrated and consuming sufficient protein and other essential nutrients will support your body's ability to recover from intense workouts, making it more resilient to stress.

The Future of Assault Bike Training

The assault bike has cemented its place as a premier piece of equipment for high-intensity training, and its popularity is only set to grow. As fitness enthusiasts and athletes continue to seek efficient and effective ways to improve their conditioning, the unique benefits of the assault bike will ensure its relevance. The integration of advanced performance tracking, personalized training algorithms, and even gamified workout experiences are likely to shape the future of assault bike training, making it even more engaging and data-driven. The trend towards functional, full-body conditioning also bodes well for the continued prominence of machines like the assault bike in both home gyms and commercial fitness facilities.

Q: What are the main benefits of assault bike HIIT workouts?

A: Assault bike HIIT workouts offer numerous benefits, including significant calorie expenditure, improved cardiovascular fitness (VO2 max), enhanced endurance, increased metabolic rate (EPOC or afterburn effect), and full-body muscle engagement. They are also highly time-efficient, making them ideal for busy schedules.

Q: Is assault bike HIIT suitable for beginners?

A: Yes, assault bike HIIT can be suitable for beginners, but it's crucial to start slowly. Beginners should focus on longer recovery periods relative to their work intervals and gradually increase the intensity and duration as their fitness improves. A proper warm-up and cool-down are also essential.

Q: How often should I do assault bike HIIT workouts?

A: Due to their high intensity, it's generally recommended to perform assault bike HIIT workouts 2-3 times per week at most, with at least one full rest day in between sessions. This allows for adequate recovery and muscle repair, preventing overtraining and reducing injury risk.

Q: What is the best way to warm up for an assault bike HIIT session?

A: A good warm-up for assault bike HIIT should include 5-10 minutes of light cycling on the assault bike to gradually increase heart rate and blood flow, followed by dynamic stretching exercises that target major muscle groups like the arms, legs, and core.

Q: How do I know if I'm working hard enough during the 'ON' intervals?

A: During the 'ON' intervals, you should be working at 80-95% of your maximum heart rate or a perceived exertion level of 8-9 out of 10. You should find it very difficult to speak more than a word or two during these bursts of effort.

Q: What is the typical work-to-rest ratio for assault bike HIIT?

A: Work-to-rest ratios can vary greatly depending on fitness level. For beginners, a 1:2 or 1:1 ratio (e.g., 30 seconds work, 60 seconds rest; or 30 seconds work, 30 seconds rest) is common. Intermediate and advanced athletes may use 2:1 or even higher ratios (e.g., 45 seconds work, 15 seconds rest).

Q: Can assault bike HIIT help with weight loss?

A: Absolutely. Assault bike HIIT is highly effective for weight loss due to its significant calorie burn during the workout and the elevated metabolism (EPOC) that continues for hours afterward. Its full-body engagement also contributes to a higher overall energy expenditure.

Q: What are the risks associated with assault bike HIIT if not done properly?

A: Improper assault bike HIIT can lead to risks such as overtraining, muscle strains, joint pain, cardiovascular strain, and burnout. It's essential to prioritize proper form, listen to your body, and ensure adequate recovery to mitigate these risks.

Assault Bike Hiit Workouts

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assault bike hiit workouts: Testosterone: How to Boost Your Testosterone With Natural Bee Products (The Science Based Approach to Naturally Transforming Male Testosterone Levels) Ivan Jackson, 101-01-01 Testosterone levels have steadily been declining in men for the past few decades, the modern lifestyle is not conducive to male testosterone level. However you are in control of this situation if you choose to be! The amount of testosterone your body makes is impacted by your daily choices. From the food you eat to the health of your liver and the amount of sleep you get, these all impact testosterone production. In this book you will learn everything you need to know about testosterone, nutrition, exercise and lifestyle habits to build muscle, burn fat and live an upgraded life. Inside, you'll learn how to: • Use simple, proven techniques to naturally elevate your testosterone levels • Prevent age-related hormone decline with daily habits that make a real difference • Tap into the science of testosterone to improve energy, muscle tone, mental clarity, and motivation • Restore your drive and confidence, both in and out of the bedroom • Support a healthy libido and maintain a strong, satisfying sex life at any age • And much more... You're about to discover how to naturally boost your testosterone levels using bee products. Testosterone is more commonly known as the male hormone. It drives maleness. It is what makes a male a man. It maintains the reproductive organs, as well as drive libido. It is also one of the hormones that contribute to that male aggressiveness and drive to achieve something. It is also present in much smaller amounts in women.

assault bike hiit workouts: Strength Training for All Body Types Lee Boyce, Melody Schoenfeld, 2022-11-08 Every person's body is different. Short, tall, or big all over, training should be designed to accommodate an athlete's different joint angles, bone lengths, and overall body structure. In *Strength Training for All Body Types: The Science of Lifting and Levers*, Lee Boyce and Melody Schoenfeld have teamed up to create a unique resource that explains how different bodies manage various exercises and how to best take advantage of physical attributes to optimize those movements. *Strength Training for All Body Types* covers 13 body types: Tall Short Big all over Short

arms and long legs Short legs and long arms Long torso Long torso, short legs, and long arms Long torso, long legs, and short arms Short torso, short legs, and long arms Short torso, long legs, and short arms Long femurs and short shins Long shins and short femurs Small hands Professionals working with people of various shapes and sizes will learn how to modify common lifts like the deadlift, squat, and bench press to maximize training outcomes and reduce the risk of injury. Detailed analysis and descriptions for each exercise variation provide the rationale for the modification and the science that explains why it is beneficial. The authors also dig into the physics of the body and describe how the length and proportions of body levers (e.g., arms, legs, torso) have an impact on the body's response to load. You will be better equipped to help clients use their body's proportions to their advantage rather than being a hindrance to optimal performance. Packed full of strength training exercises, sample workouts, and conditioning work designed for different body sizes, *Strength Training for All Body Types* gives you the tools you need to help your clients make changes to their technique, become stronger, lift more, and avoid injury. Earn continuing education credits/units! A continuing education exam that uses this book is also available. It may be purchased separately or as part of a package that includes both the book and exam.

assault bike hiit workouts: Air Bike Wod Bible! P. Selter, 2016-12-19 Air Bike WOD Bible

assault bike hiit workouts: What Doesn't Kill Us Scott Carney, 2017-01-03 NEW YORK TIMES BESTSELLER • Discover how harnessing our body's evolutionary adaptations to environmental stressors can help us unlock its full capabilities—now with a new preface and afterword “Informative, fun, and with a healthy degree of danger, this is a book for the adventurer in all of us.”—Gabrielle Reece, co-founder of XPT (Extreme Performance Training) Our ancestors crossed deserts, mountains, and oceans without even a whisper of what anyone today might consider modern technology. Those feats of endurance now seem impossible in an age where we take comfort for granted. But what if we could regain some of our lost evolutionary strength by simulating the environmental conditions of our ancestors? Investigative journalist and anthropologist Scott Carney takes up the challenge to find out: Can we hack our bodies and use the environment to stimulate our inner biology? Helping him in his search for the answers is Dutch fitness guru Wim Hof, whose ability to control his body temperature in extreme cold has sparked a whirlwind of scientific study. Carney also enlists input from an Army scientist, a world-famous surfer, the founders of an obstacle course race movement, and ordinary people who have documented how they have cured autoimmune diseases, lost weight, and reversed diabetes. In the process, he chronicles his own transformational journey as he pushes his body and mind to the edge of endurance, a quest that culminates in a record-bending, 28-hour climb to the snowy peak of Mt. Kilimanjaro wearing nothing but a pair of running shorts and sneakers. An ambitious blend of investigative reporting and participatory journalism, *What Doesn't Kill Us* explores the true connection between the mind and the body and reveals the science that allows us to push past our perceived limitations.

assault bike hiit workouts: Training and Conditioning for MMA Stéfane Beloni Correa Dielle Dias, Everton Bittar Oliveira, André Geraldo Brauer Júnior, Pavel Vladimirovich Pashkin, 2022-09-08 The number of athletes training for and competing in mixed martial arts has skyrocketed to over 3.6 million, making it one of the world's fastest-growing sports. To succeed, fighters need to not only master various martial arts disciplines but also develop the physical stamina and mental endurance to dominate their opponents. Based on the latest science and research, *Training and Conditioning for MMA* details physical training, nutrition, and injury prevention for all martial arts disciplines. It uses actual training programs and showcases real examples recurring in the day-to-day preparation of countless elite MMA fighters from the American Top Team, UFC, Bellator, Sambo, and Jiu-Jitsu World Championships. Collectively, the 21 contributors to this book have trained over 200 amateur, professional, national, and Olympic MMA champions, including Amanda Nunes, Junior Dos Santos, Marcus Buchecha Almeida, Mark Hunt, Yoel Romero, Héctor Lombard, and Glover Teixeira. The quality and extent of the knowledge they share in these pages is simply unmatched in the world of MMA training resources. Developed for combat athletes and the trainers and coaches who work with them, *Training and Conditioning for MMA* is a complete manual for all

training-related aspects of MMA, featuring the following: Methodology of sports training, including the periodization model used at American Top Team Principles for designing a fighter's training program Physical assessment of a fighter, from body composition to flexibility Importance of nutrition in high-level training More than 45 proven training programs for a wide range of martial arts disciplines, athlete types, and levels, accompanied by photos of professional MMA fighters demonstrating exercises and techniques Prevention strategies for MMA-related injuries Comprehensive yet practical, Training and Conditioning for MMA is the definitive resource for success for developing future champions. Earn continuing education credits/units! A continuing education exam that uses this book is also available. It may be purchased separately or as part of a package that includes both the book and exam.

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assault bike hiit workouts: HIIT Bike Training - the Ultimate Cycling Guide to Get Fitter, Faster and Stronger Through the Power of High Intensity Interval Bike Workouts Dominique Francon, 2014-08-15 It's Time for a Cycling Revolution! Want To Get Fitter, Faster, Stronger? Then You've Come To The Right Place* * *LIMITED TIME OFFER! 40% OFF! (Regular Price \$9.99) * * * Are you a cyclist? Are you planning on becoming one? Yes, you probably are. Most likely, if you are reading this, you're well aware of what it implies. You probably cycle on a consistent basis, trying to hit the road several times a week. You see, when it comes to fitness we are ALL in the same game, and yet most people don't realize it. Most people don't even take the time to think HOW they can improve their bodies. HOW they can improve their cycling, their aptitudes, their skills, their strategies. Most people don't even know what HIGH INTENSITY Interval Bike Workouts do to your system, and trust me, that's precisely the reason why a large majority of the world's population so desperately need it. They aren't living, they are surviving, transiting lives filled with fat, depression, and sub-optimal bodies. And so I did, back before I was introduced to this world. It took me time to get started. It took me a lot of time and effort to incorporate the secrets that would ultimately shape my entire cycling life! And now, I'm willing to share those secrets with you. I wrote this book for a reason. I wrote this book to show you HOW you can take your cycling to an entirely different level. I wrote it to show you how you can set apart from the average path and go the whole way instead. You see, I may not know you, but I certainly know something about you: both you and me are alike. Whether you are just starting to get in touch with cycling, or even if you are actually USING it to your advantage, I know you don't want to settle for average. I know you want something better. You won't stop until you become your absolute best. Until you fully grasp the body you want: lean, beautiful, ripped. You won't stop until you truly achieve all you can achieve. And guess what? That's precisely what we will go for on this book! Hey, I'm not saying you should become a hard core cyclist. Not necessarily. You don't have to do that necessarily, trust me. My approach to cycling is different. I like science, and I like bodybuilding. I'm aware of what most people think about when

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