

25 Minute Spin Workout – April 2020

Drill Name	Song	Instructions	RPM / Gear	RPE (1-10)
Warm-Up	Together by Arno Cost	Get ready to move! Feeling warm, mind focused.	95-105 / 6-10	4-5/10
Hill with Sprints	Sleeping with a Friend by Neon Trees (Chainsmokers Remix)	Verse: Standing climb on a hill Beat Drop: Seated sprint repeat	Verse: 75-80 / 14-16 Beat Drop: 115+/8-10	Verse: 7/10 Beat Drop: 8-9/10
20/20/20	Jealous by Nick Jonas (Rooftop Boys Remix)	20 sec sprint 20 sec standing jog 20 sec recovery repeat	Sprint: 115+ / 8-10 Jog: 80-85 / 12 Recovery: 90+ / <10	Sprint: 8/10 Jog: 7/10
Endurance Intervals	Rather Be by Clean Bandit (Magician Remix)	60 sec -> hold rpm + gear 90 sec -> hold rpm + gear 120 sec -> hold rpm + gear	60 sec: 100 / 10-12 90 sec: 90 / 12-14 120 sec: 80 / 13+	7/10 8/10 8/10
Resistance Intervals	Something Just Like This by Chainsmokers (Alesso remix)	30 sec seated climb 30 sec standing climb 20 sec recover repeat	Seated Climb: 70-80 / 12-14 Standing Climb: 70-80 / 14-18 Recover: 90+/<10	7-8/10
Cool Down	I Feel It Coming by The Weekend and Daft Punk	Rest, Recover and Relax. Awesome Job!	70-80/6-8	4-5/10

Got a spin bike in your home gym?! Try out this cycling playlist! If your bike doesn't tell you your RPM or gear, use the guidelines below

RPM (how quickly the legs are moving)

Less than 70 = slow

75-85 = medium

85-95 = medium/hard

95-105 = quick

105+ = fast!

Gear (resistance/how hard it is to pedal)

6-10 = easy

10-14 = medium

14+ = hard

Want to ride your bike outdoors instead?! No problem! Instead of RPM use the RPE scale to determine how hard you are working. If your bike has shifting gears than use the reference above to determine gear resistance.

Could easily be converted to a treadmill: climbs = inclines for resistance, sprints = running/sprinting, recovery = walking

Or the elliptical: climbs = heavier resistance, sprints = speed up to sprint/running pace, recovery = slow down to walking pace

Use the guidelines for RPM and Gear to determine the speed.

Eg. For treadmill

Verse: 75-80 /14-16 = medium walking speed, with heavy incline

Beat Drop: 115+/8-10 = running or sprinting speed, with little to no incline