

20 Minute HIIT Exercise Bike Workout

Round	Workout	Time
Warm Up	Low Intensity	2 Minutes
Round 1	High Intensity	30 Seconds
	Rest	60 Seconds
Repeat x4		
Round 2	High Intensity	30 Seconds
	Rest	45 Seconds
Repeat x4		
Round 3	High Intensity	30 Seconds
	Rest	30 Seconds
Repeat x4		
Round 4	1000 Metre Sprint	-----
Cool Down	Low Intensity	2 Minutes

Watch here: <https://www.youtube.com/watch?v=277DGdkzHcw&feature=youtu.be>

For help with HIIT follow the links below:

HIIT: <https://www.exercise.co.uk/learn/the-definition-what-hiit-is-and-what-makes-it-effective/>

Article: <https://www.exercise.co.uk/learn/20-minute-hiit-training-on-an-exercise-bike/>