JBST.com FITNESS-TEST	Name

Bike name: Power system:		Seat height: Fore/aft setting:	
Once your HR exceeds threshold (~85%HRmax)spin easy 5mins; then ride at 80% of last ramp effort			

Time /wattage	Date:	Date:	Date:
	HR	HR	HR
0:00 to 2:59 = 100w			
3:00 to 5:59 = 125w			
6:00 to 8:59 = 150w			
9:00 to 11:59 = 175w			
12:00 to 14:59 = 200w			
15:00 to 17:59 = 225w			
18:00 to 20:59 = 250w			
21:00 to 23:59 = 275w			
24:00 to 26:59 = 300w			
20minutes @ watts			

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