



YOUR PRESCRIPTION

	FAT BURN 30	INTENSE	ENERGISER
FAT LOSS AGGRESSIVE	3 / WK		2 / WK
FAT LOSS STEADY	1 / WK	2 / WK	2 / WK
FITNESS / PERFORMANCE		3 - 4 / WK	1 - 2 / WK
STAY ACTIVE		2 / WK	3 / WK
GENTLE		1 / WK	4 / WK

LEAVE 24-HR RECOVERY BETWEEN RIDES.

LOW FAT MILK IS THE BEST RECOVERY DRINK.

FAT BURN: BLAST THE FIRST 2 AND THE LAST 2 BUT IN BETWEEN KEEP A STEADY RHYTHM AT A LOWER POWER.

AIM FOR A 10-20% IMPROVEMENT IN YOUR FITNESS SCORE (OCTANE SCORE)

MAKE SURE YOUR SEAT IS HIGH ENOUGH SO YOUR LEGS ARE ALMOST FULLY EXTENDED.

CHANGE TAKES 6-8 WEEKS. BE PATIENT!