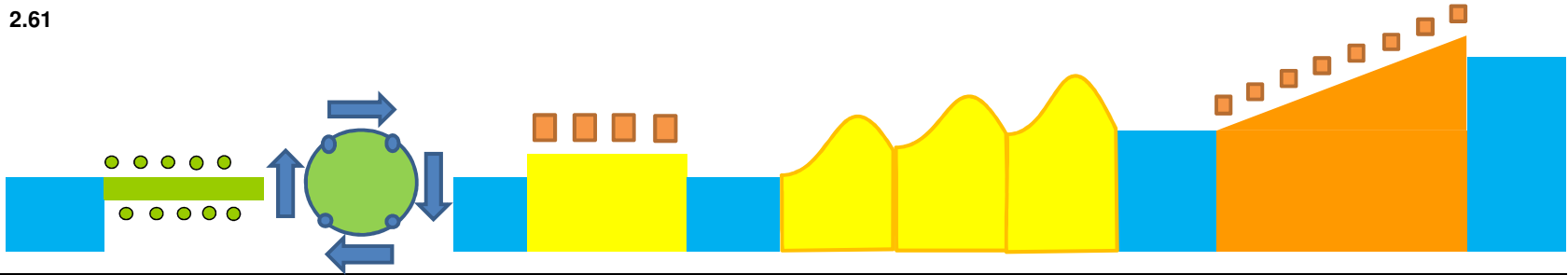


**ID:** F3 Chart  
**NAME:** Cycle Action  
**FOCUS:** Form Drills  
**RATING:** 2.61



TENSION	L	L	M	L	L	M	M	H	L	M	H	L	M	H	L	L	H	L
RPM	90	75-90	80-90	90+	0-90	90+	90	70	95+	90	70	95+	90	70	95+	90+	90-60	90+
HR ZONE	1	2	2	1	3-4	1	3			3			1	4		1		
FOCUS	WARM UP	SINGLE LEG	PEDAL STROKE	R	TRANSITIONS	R	ROLLING HILLS						R	SEATED & STANDING CLIMB		COOL DOWN		