If first HR in branch is less than 110 bpm, you need to do additional stage.
Best if HR reaches between 110 bpm and 150 bpm.

Record HR for workouts

If difference is greater than 5 bpm/min, pedal additional minute.
Take HR at end of 2nd and 3rd minute.

Follow branching

If difference is greater than 5 bpm/min, pedal additional minute.
Start at 150 kcal/min (25 watts).

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1st workload

2nd workload

3rd workload

4th workload

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BP
HR
Name

YMCA Submax Cycle Ergometer Protocol