

Workout of the Week (26th September 2022)

- **21-15-9 Calories for Time**
- **Assault Air Bike**
- **Row**

With a running clock, complete 21 calories on the Assault Bike and 21 calories on the Rower. Then complete 15 calories on the Assault Bike and 15 calories on the Rower. Finally, complete 9 calories on the Assault Bike and 9 calories on the Rower. Reset the erg on each machine after each round.

Score is the time on the clock when the 9 calories on the Rower are finished.

If you need any help or have any questions then please ask, I'm happy to help.