

Air Bike workout plan

6-week build-up · short, tough sessions with full-body involvement · for the AsVIVA F1

The Air Bike uses air resistance: The faster you pedal and pull, the greater the resistance – with no upper limit. It is not a machine for long, easy rides, but for short, highly intense sessions. That is why this plan is designed for six weeks and uses significantly shorter work intervals than the others.

YOUR TRAINING WEEK

DAY	FOCUS	SESSION	DURATION
Mon	Intervals	Session 1 – 30/30	20 min
Tue	Recovery	Stretching & Mobility	15 min
Wed	Base	Session 2 – easy ride	25 min
Thu	Recovery	Easy walk	–
Fri	Peaks	Session 3 – short sprints	20 min
Sat	Active	free – bike, swim, walk	–
Sun	Rest day	Recover & refuel	–

BEFORE AND AFTER EVERY SESSION

WARM-UP · 5 MIN • 5 min very easy, consciously involve your arms • Shoulder circles • two short 10-second accelerations	COOL-DOWN · 5 MIN • 3 min light pedaling • Stretch shoulders, chest, and thighs • wait until your breathing returns to normal
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No limit

AIR RESISTANCE

The resistance increases **disproportionately** with your pace. There is no maximum level – your strength is the only limit. That is precisely why the work intervals here are short and the rest intervals are long.

SESSION 1 · 30/30

CLASSIC INTERVAL · GETTING STARTED

5 min	Warm-up
10 x 30 sec	brisk, arms and legs evenly
in between	pedal very easy for 30 sec
5 min	Cool-down

SESSION 2 · EASY RIDE

RECOVERY & TECHNIQUE

5 min	Warm-up
15 min	steady, conversational pace – consciously hold back not the session to prove yourself
5 min	Cool-down

SESSION 3 · SHORT SPRINTS

PEAK PERFORMANCE · FROM WEEK 3

8 min	Warm-up, progressive
6 x 15 sec	maximum effort, give it your all
in between	2 min very easy – full recovery
5 min	Cool-down

WHAT YOUR EQUIPMENT CAN DO

FEATURE	AIR BIKE F1
Resistance	Air turbine, speed-dependent, no upper limit
Upper body	moving handles – arms, shoulders, chest, and back work along
Workout programs	7
Drive system	Belt, quiet when idling
Setup dimensions	145 x 61 x 120 cm
Item weight	59 kg
Max. user weight	150 kg
Heart rate measurement	Bluetooth heart rate monitor

FIVE RULES THAT MAKE ALL THE DIFFERENCE

- **Arms are half the battle.** If you only pedal, you miss out on the advantage.
- **Short and hard beats long and tough.** 20 minutes are enough.
- **Really stick to rest periods** – otherwise each round gets slower.

- **Loud.** This machine is not suitable for poorly soundproofed apartments.
- **No more than three hard sessions** per week.

Good luck – your AsVIVA Team

AsVIVA Brands GmbH · Borsigstraße 4 · 41541 Dormagen
office@asviva.de · +49 2133 8688812 · asviva.com

This workout plan is for general information purposes only and does not replace medical advice. If in doubt, please seek medical advice before starting training – especially in the case of pre-existing conditions, injuries, or long breaks from training. Training is done at your own risk.