

Ergometer workout plan

8-week progression · watt-controlled, predictable, repeatable · for every AsVIVA ergometer

The ergometer is the only cardio machine that **maintains** a specific output: You set the watts, the machine adjusts the resistance. This makes every session repeatable and proves your progress in numbers – not just by feel. The watt ranges for your model can be found on page 2.

YOUR TRAINING WEEK

DAY	FOCUS	SESSION	DURATION
Mon	Base	Session 1 – easy steady pace	35 min
Tue	Recovery	Stretching & Mobility	15 min
Wed	Intervals	Session 2 – Watt levels	30 min
Thu	Recovery	Easy walk	–
Fri	Pace	Session 3 – Cadence	30 min
Sat	Active	free – bike, swim, walk	–
Sun	Rest day	Recover & refuel	–

BEFORE AND AFTER EVERY SESSION

WARM-UP · 5 MIN • 5 min at 50–60 watts • Cadence around 70 RPM • Check saddle height: Leg almost fully extended	COOL-DOWN · 5 MIN • Gradually reduce watts back to 40 • Pedal easily for another 3 min • Stretch thighs and calves
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Watts

INSTEAD OF
GUT FEELING

Find your **baseline value** in week 1: the power output you can sustain for 20 minutes straight without getting out of breath. All details below refer to this. Increase it by about 10 % every two weeks.

SESSION 1 · STEADY ENDURANCE PACE

BASE · YOU CAN TALK WHILE DOING THIS

5 min	Warm-up
25 min	Maintain baseline value, cadence 75–85
	Weeks 5 to 8: extend to 35 min
5 min	Cool-down

SESSION 2 · WATT LEVELS

ENDURANCE & LOAD TOLERANCE

5 min	Warm-up
5 × 3 min	Baseline value plus 30–40 watts
in between	2 min at baseline value minus 20 watts
5 min	Cool-down

SESSION 3 · CADENCE

SMOOTH PEDAL STROKE & COORDINATION

5 min	Warm-up
6 × 1 min	95–105 rpm at low load
in between	2 min easy at 75
5 min	Cool-down

WHAT YOUR EQUIPMENT CAN DO

MODEL	LOAD RANGE	FLYWHEEL MASS	GETTING STARTED	MAX. WEIGHT
Ergometer Wi-Fi H21 Pro	10 – 350 watts	18 kg	45 cm	130 kg
Ergometer Studio Pro H25	5 – 350 watts	18 kg	–	120 kg
Ergometer Ride H24	5 – 200 watts	12 kg	–	130 kg
Ergometer Smart Fit H22	–	12 kg	–	120 kg
Ergometer Speedbike H12	–	8 kg	–	110 kg
2in1 Recumbent Ergometer & Crossfit R7	10 – 350 watts	18 kg	low	130 kg

FIVE RULES THAT MAKE ALL THE DIFFERENCE

- **Saddle height first.** At the lowest point, the leg is almost fully extended.
- **Cadence 75–85** is the gentlest range for the knees.
- **Note watts instead of levels** – only this is comparable.
- **Do not rock.** Anyone rocking in the saddle is sitting too high.
- **Re-evaluate the baseline value** every two weeks.

Good luck – your AsVIVA Team

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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.