

Recumbent ergometer workout plan

8-week progression · gentle on the back, watt-controlled · for the AsVIVA R7

With a recumbent ergometer, you sit semi-reclined with a backrest, pedaling forward at an angle. This relieves pressure on your spine, and the step-through is low. This makes it the top choice after a break, for back problems, or for getting back into fitness – and it is watt-controlled, making your training predictable.

YOUR TRAINING WEEK

DAY	FOCUS	SESSION	DURATION
Mon	Base	Session 1 – easy steady pace	30 min
Tue	Recovery	Stretching & Mobility	15 min
Wed	Levels	Session 2 – gentle watt levels	25 min
Thu	Recovery	Easy walk	–
Fri	Base	Session 3 – long steady ride	35 min
Sat	Active	Rest – walking, swimming	–
Sun	Rest day	Recover & refuel	–

BEFORE AND AFTER EVERY SESSION

WARM-UP · 5 MIN • 5 min at 40–50 watts • Check seating position: knees never fully extended • Breathe calmly and evenly	COOL-DOWN · 5 MIN • Gradually reduce wattage • Pedal easily for another 3 min • Stretch thighs and hip flexors
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Back

STAYS AGAINST THE BACKREST

The main advantage of this design lies in the **backrest**. Anyone who pushes forward while pedaling gives it up. Adjust the seat so that the knee remains slightly bent at the furthest point – never fully extended.

SESSION 1 · STEADY ENDURANCE PACE

BASE · YOU CAN TALK WHILE DOING THIS

5 min	Warm-up
20 min	steady, cadence 65–75
	Weeks 5 to 8: extend to 30 min
5 min	Cool-down

SESSION 2 · GENTLE WATT LEVELS

MAXIMUM LOAD · WITHOUT PEAKS

5 min	Warm-up
4 × 3 min	Base value plus 20–30 watts
in between	3 min back to base value
5 min	Cool-down

SESSION 3 · LONG STEADY RIDE

ENDURANCE · THE MOST IMPORTANT SESSION

5 min	Warm-up
25 min	Maintain base value, steady breathing rather longer and easier than short and hard
5 min	Cool-down

WHAT YOUR EQUIPMENT CAN DO

FEATURE	2IN1 RECUMBENT ERGOMETER & CROSSFIT R7
Load range	10 – 350 watts
Resistance system	electromagnetic (EMS)
Flywheel mass	18 kg
Workout programs	10
Second function	Rowing machine in the same frame
Setup dimensions	147 x 115 x 75 cm
Max. user weight	130 kg
Saddle type	Comfort, with backrest

FIVE RULES THAT MAKE ALL THE DIFFERENCE

- **Back against the backrest.** Do not push forward.
- **Never fully extend knees** – adjust seat accordingly.
- **Longer instead of harder.** This design thrives on duration.

- **After injury or surgery,** consult a doctor regarding load beforehand.
- **The R7 can also row** – one machine, two workout modes.

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.