

Speedbike workout plan

8-week build-up · Indoor Cycling with out-of-saddle riding and sprints · for every AsVIVA Speedbike

The Speedbike rides like a road bike: heavy flywheel, fixed gear, leaned-forward position. It thrives on alternating between sitting and standing up.**Important beforehand:** The pedals continue to rotate with the flywheel – you cannot stop pedaling abruptly, but must let the movement coast to a stop.

YOUR TRAINING WEEK

DAY	FOCUS	SESSION	DURATION
Mon	Base	Session 1 – steady seated ride	35 min
Tue	Recovery	Stretching & Mobility	15 min
Wed	Climb	Session 2 – out-of-saddle pedaling	30 min
Thu	Recovery	Easy walk	–
Fri	Sprints	Session 3 – short peaks	25 min
Sat	Active	free – bike, swim, walk	–
Sun	Rest day	Recover & refuel	–

BEFORE AND AFTER EVERY SESSION

WARM-UP · 5 MIN • 5 min low resistance seated • Check saddle and handlebar height • increase cadence in the last minute	COOL-DOWN · 5 MIN • release resistance, let the movement coast to a stop • 3 min easy pedaling • stretch thighs, calves, and neck
--	--

fixed gear
NO
FREEWHEEL

The pedals are fixed to the flywheel. **Never stop abruptly** – first increase the resistance, then let it coast to a stop. This applies especially at the end of a sprint.

SESSION 1 · STEADY SEATED RIDE

BASE · YOU CAN TALK WHILE DOING THIS

5 min	Warm-up
25 min	medium resistance, 80–90 RPM, seated
	Weeks 5 to 8: extend to 35 min
5 min	Cool-down

SESSION 2 · STANDING CLIMB

STRENGTH ENDURANCE & CORE

5 min	Warm-up
6 × 2 min	significantly high resistance, out of the saddle, 60–70 RPM
in between	2 min easy seated
5 min	Cool-down

SESSION 3 · SHORT PEAKS

EXPLOSIVENESS · ONLY WITH PROPER TECHNIQUE

8 min	Warm-up, progressive
8 × 20 sec	maximum, high resistance
in between	100 sec very easy – coast down completely
5 min	Cool-down

WHAT YOUR EQUIPMENT CAN DO

MODEL	FLYWHEEL MASS	BRAKE	SADDLE	MAX. WEIGHT
Speedbike Studio Pro S17	28 kg	Permanent magnet	Sport	150 kg
Speedbike Multimedia Studio Pro S20	20 kg	Permanent magnet	Sport	150 kg
Speedbike Performance S15	20 kg	Permanent magnet	Sport	150 kg
Speedbike Power S18 Pro	18 kg	Permanent magnet	Sport	130 kg
Speedbike Big Screen S11S	18 kg	Permanent magnet	Comfort	120 kg
Speedbike Tour S11	18 kg	Felt brake	Comfort	120 kg
Indoor Cycle Dynamic S14	15 kg	Friction	Sport	–

FIVE RULES THAT MAKE ALL THE DIFFERENCE

- **Never stop abruptly.** Fixed gear – brake first, then coast down.
- **Saddle at hip height**, handlebars no lower than the saddle.
- **Increase resistance when riding out of the saddle** – without load it becomes unsteady.

- **Sports saddle takes getting used to.** Keep the first sessions short.
- **Sprints only from week 4**, once your technique is solid.

Good luck – your AsVIVA Team

AsVIVA Brands GmbH · Borsigstraße 4 · 41541 Dormagen
office@asviva.de · +49 2133 8688812 · [asviva.com](https://www.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.