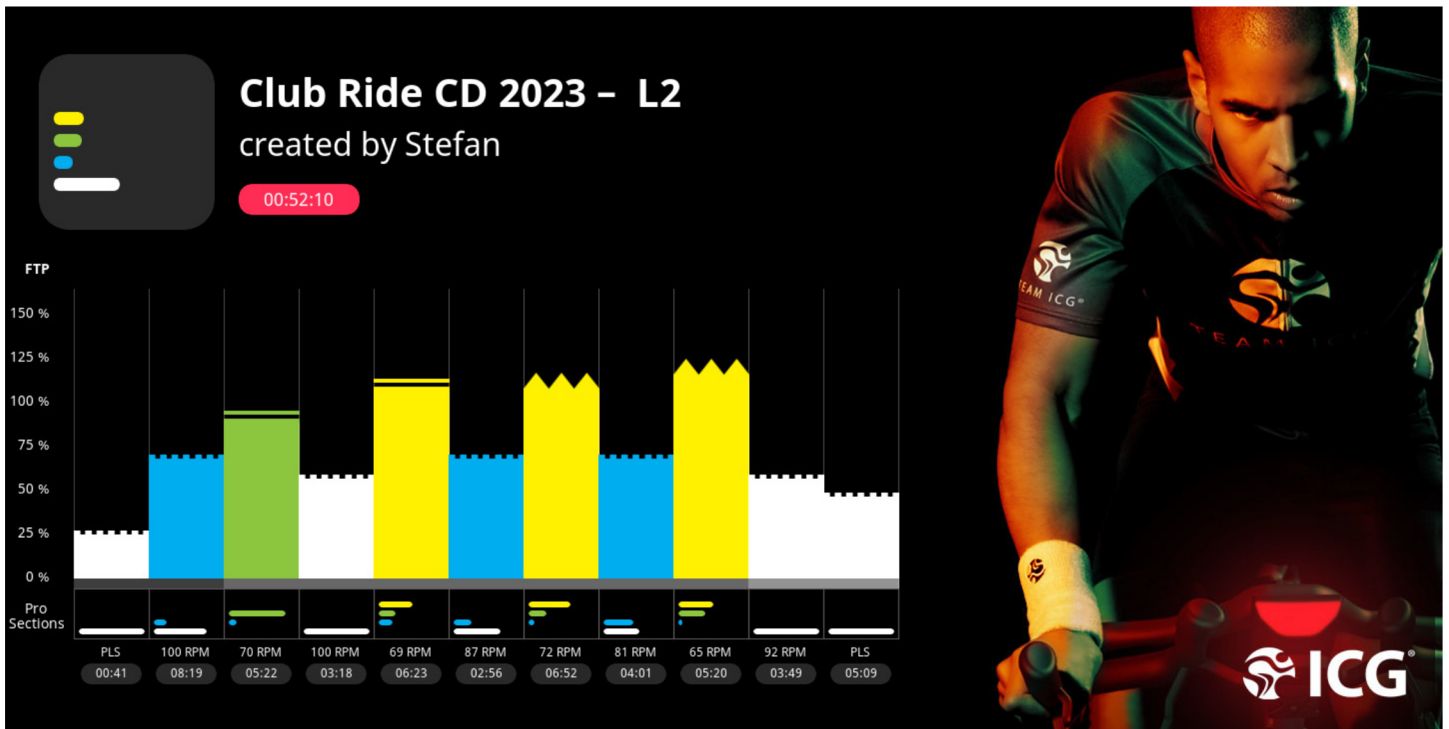


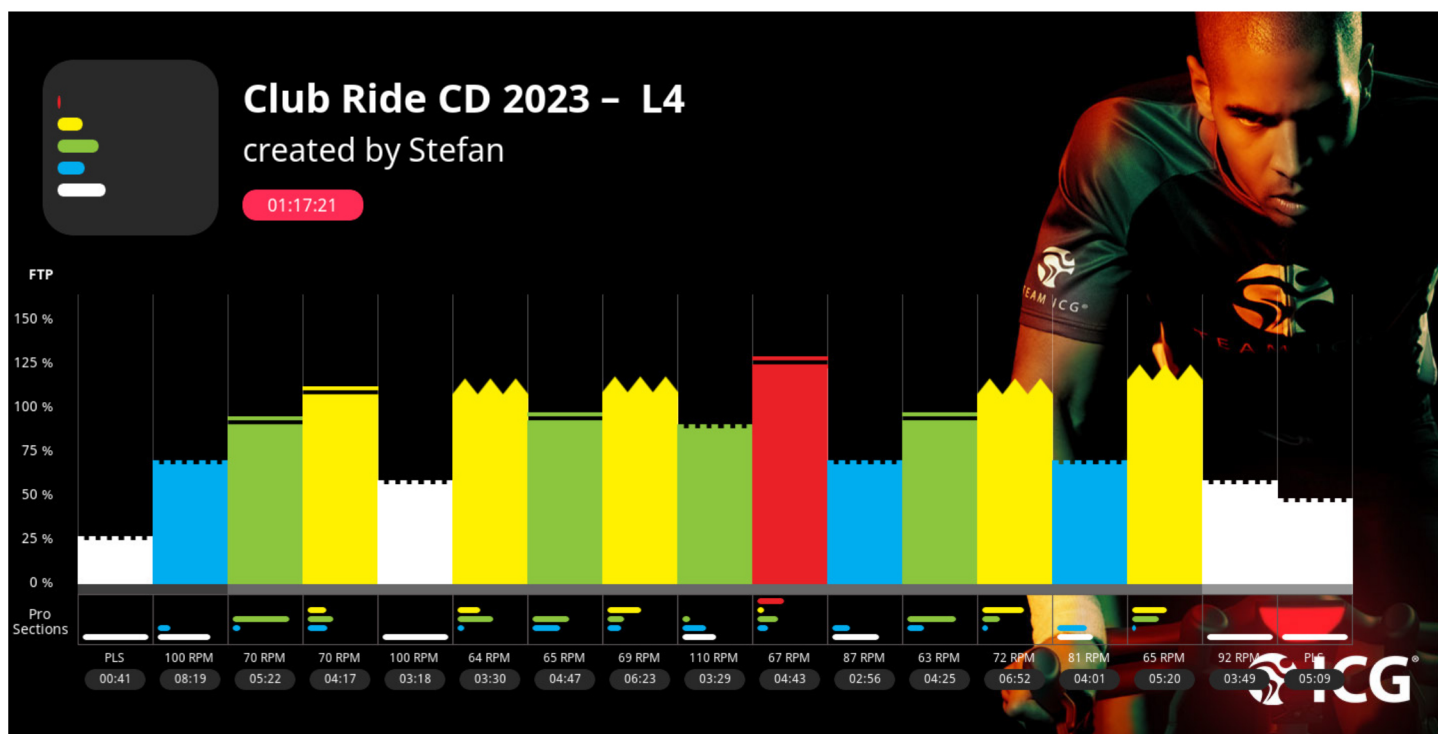
## Workout ClubRide 2023 Level 2



### Workout overview

Track Name	RPM	FTP %	Riding Position	Duration
Warm Up - Intro	PLS	27	SERO	00:41 Min.
+ Warm Up - Greece 2000 (Sebastian Davidson & Melosense Remix)	100	65	SERO	08:19 Min.
+ Main Part - Reason	70	83	STCL	05:22 Min.
+ Main Part - My G	100	55	SERO	03:18 Min.
+ Main Part - Yama (Extended Mix)	69	99	STCL	06:23 Min.
+ Main Part - Ready To Fly (Hardcore Mix)	87	65	SERO	02:56 Min.
+ Main Part - Forever & Always	72	98	JU	06:52 Min.
+ Main Part - Rome (feat. Evan Henzi)	81	65	SERO	04:01 Min.
+ Main Part - Sagi Abitbul & Guy Haliva vs. Protoculture & Vigel - Stanga vs. Pegasus (Armin van Buuren Mashup).mp3	65	105	JU	05:20 Min.
+ Cool Down - Pointless	92	55	SERO	03:49 Min.
+ Stretching - Beth's Theme				05:09 Min.
				<b>52:10 Min.</b>

## Workout ClubRide 2023 Level 4



### Workout overview

Track Name	RPM	FTP %	Riding Position	Duration
Warm Up - Intro	PLS	27	SERO	00:41 Min.
+ Warm Up - Greece 2000 (Sebastian Davidson & Melosense Remix)	100	65	SERO	08:19 Min.
+ Main Part - Reason	70	83	STCL	05:22 Min.
+ Main Part - Wonders	70	98	STCL	04:17 Min.
+ Main Part - My G	100	55	SERO	03:18 Min.
+ Main Part - Explosive	64	98	JU	03:30 Min.
+ Main Part - Where Do We Go from Here	65	85	STCL	04:47 Min.
+ Main Part - Yama (Extended Mix)	69	99	JU	06:23 Min.
+ Main Part - Kuliko Jana - Eine neue Zeit	110	83	SERO	03:29 Min.
+ Main Part - Orbit 37 (Extended Mix)	67	113	STCL	04:43 Min.
+ Main Part - Ready To Fly (Hardcore Mix)	87	65	SERO	02:56 Min.
+ Main Part - Follow (Extended Mix)	63	85	STCL	04:25 Min.
+ Main Part - Forever & Always	72	98	JU	06:52 Min.
+ Main Part - Rome (feat. Evan Henzi)	81	65	SERO	04:01 Min.
+ Main Part - Sagi Abitbul & Guy Haliva vs. Protocolculture & Vigel - Stanga vs. Pegasus (Armin van Buuren Mashup).mp3	65	105	JU	05:20 Min.
+ Cool Down - Pointless	92	55	SERO	03:49 Min.
+ Stretching- Beth's Theme				05:09 Min.
				<b>77:21 Min.</b>