

WATT INTENSITY SCALE

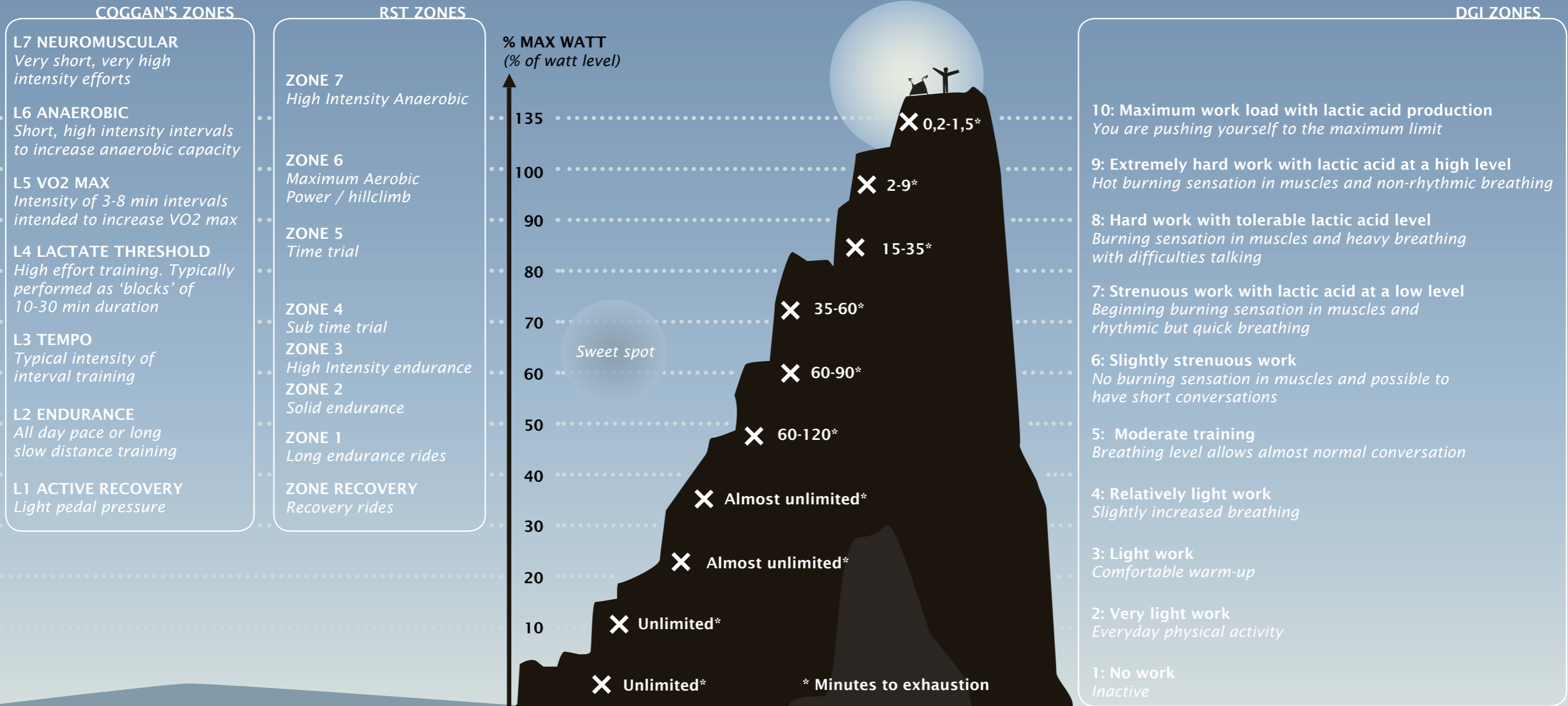


Illustration created by BODY BIKE International A/S based on intensity scale by Brian Overkjær and DGI, Ric Stern's and Andrew Coggan's zones.