HIIT SPRINT WORKOUT	
WORK (sec)	REST (sec)
30	10
30	10
15	15
30	30
20	20
20	20
10	10
10	40
15	15
15	45
"Failure"	

STATIONARY BIKE HIIT WORKOUT	
WORK (sec)	REST (sec)
60	20
60	20
60	20
90	30
30	30
30	30
120	45
90	15
60	60
30	10
"Failure"	

Note: You may also use the "Stationary Bike HIIT Workout" for the row machine.