



# CTS SUPER BOWL TRAINER WORKOUT



INSTRUCTIONS: Ride at EnduranceMiles intensity and then go to...

**1 MIN OUT OF SADDLE**

**30-SECOND SPRINT**

**RECOVERY**

**1 MIN POWER INTERVAL**

**2 MIN FASTPEDAL**

when...

**ANY KICKOFF**

**QB SACKED**

**INCOMPLETE PASS**  
(UNTIL PLAY RESUMES)

**FIRST DOWN**

**FAST FOOD COMMERCIAL**

**JULIO JONES SCORES FOR FALCONS**

**PERSONAL FOUL**

**OUT OF BOUNDS**  
(UNTIL PLAY RESUMES)

**PENALTY FLAG THROWN**

**CAR/TRUCK COMMERCIAL**

**CHRIS HOGAN SCORES FOR PATRIOTS**

**PUNT YOUR TEAM**



**PUNT OPPOSING TEAM**

**TURNOVER**  
(INTERCEPTION, FUMBLE)  
(UNTIL PLAY RESUMES)

**FIELD GOAL YOUR TEAM**

**FIRST DOWN CHAINS COME OUT**

**OTHER COMMERCIALS**

**FIELD GOAL OPPOSING TEAM**

**REPLAY CHALLENGE FLAG**

**BEER COMMERCIAL**

**YOU HEAR "DEFLATEGATE"**

**HEAD COACH ON SCREEN**

**TOUCH DOWN**  
(EITHER TEAM)

**TIME OUT**