

TRAINING SPINeRVALS: COMPETITION SERIES

1.0 No Slackers Allowed: 45 Minutes Interval Session	9	\$39.95
2.0 Time Trial Special: 60 Minutes Workout	9.1	\$39.95
3.0 Suffer-O-Rama: 45 Minutes Interval Workout	9.3	\$39.95
4.0 Muscle Breakdown: 45 Minutes Interval Session	8.5	\$39.95
5.0 Mental Toughness: 90 Minutes Workout	9.5	\$39.95
6.0 The Zoot Challenge: 45 Minutes Interval Session	9.5	\$39.95
7.0 The Uphill Grind: 45 Minutes Interval Session	9.5	\$39.95
8.0 Recovery & Technique: 45 Minutes Technique Training	7.5	\$39.95
9.0 Have Mercy: 120 Minutes of Suffering	10	\$39.95
10.0 Ride and Stride: 70 Minutes Ultimate Brick Workout	9.1	\$39.95
11.0 Big Gear Strength: 55 Minutes Session	9.3	\$39.95
12.0 Recharge: 55 Minutes Interval Session	7.5	\$39.95
13.0 Tough Love: 180 Minutes Interval Session	9.9	\$49.95
14.0 Total Time Trial: 90 Minutes Interval Session	9.7	\$39.95
15.0 Have Mercy the sequel: 120 Minutes Interval Session	10	\$39.95
16.0 Aero Base Builder 1: 80 Minutes Interval Session	7.5	\$39.95
17.0 Aero Base Builder 2: 75 Minutes Interval Session	7.5	\$39.95
18.0 Aero Base Builder 3: 70 Minutes Interval Session	7.5	\$39.95
19.0 Bending Crank Arms: 50 Minutes Interval Session	9.5	\$39.95
20.0 The Sprinting Machine: 50 Minutes Interval Session	9.9	\$39.95
21.0 Aero Base Builder 4: 70 Minutes Interval Session	7.5	\$39.95
22.0 Time Trialapalooza :75 Minutes Workout	9.8	\$39.95
23.0 Time Saver 1: 3 times 30 Minutes Workouts	7.5/9.5/9.9	\$49.95
24.0 HILLacious: 70 Minutes Workout	9.5	\$39.95
25.0 Aero base Builder 5: Compilation 1: 120 Minutes	7.5	\$39.95
26.0 The Hardcore 100: 300+ Minutes Workout	9.8	\$59.95
27.0 Threshold Test and Suffer Fest: 60 Minutes Workouts	9.5	\$39.95
28.0 Aero Base Builder 6: 60 Minutes Interval Session	7.5	\$39.95
29.0 Dropping the Hammer: 60 Minutes	9.7	\$39.95
30.0 Muscular Endurance PLUS: 140 Minutes Workout	8	\$39.95
31.0 Endurance BOOSTER! 105 Minute Workout	8	\$39.95
32.0 EXTREME Threshold Training! 65 Minute Workout	9	\$39.95
33.0 The Pain Cave: 50 Minute Workout	9.8	\$39.95
34.0 Super High Intensity Training! 55 Minute Workout	9.8	\$39.95
35.0 Cycling Technique Focus: 50 Minute Workout	8.5	\$39.95
36.0 Warrior Training: 55 Minute Workout	9.5	\$39.95
37.0 Suffering on the Chesapeake: 60 Minute Workout	9.2	\$39.95
38.0 Develop Technique & Power	9.2	\$39.95
1.0-38.0 Complete Set		\$1,239.95

SPINeRVALS BOX SETS 5-PACKS

Aero Base Builder 5-Pack: 16.0/17.0/18.0/21.0/25.0	\$179.95
Endurance Builder 5-Pack: 5.0/9.0/13.0/15.0/23.0	\$179.95
Strength Builder 5-Pack: 2.0/11.0/14.0/19.0/22.0	\$179.95
Triathlon Performance 5-Pack: 10.0/13.0/22.0/run2.0/UC3.0	\$179.95
Ultimate Interval Training 5-Pack: 1.0/3.0/4.0/7.0/20.0	\$179.95

SPINeRVALS ULTRACONDITIONING

UC 1.0 Ultra Leg- Strength Builder	9.5	\$39.95
UC 2.0 Ultra Core Strength Builder	9	\$39.95
UC 3.0 Ultra Full Body with Irongirl	9.1	\$39.95
UC 4.0 Ultra Upper Body	9.2	\$39.95
UC 5.0 Ultra Total Body	9.8	\$39.95
UC 1.0-5.0 Complete Set price		\$159.95

IRON GIRL TRAINING SERIES

1.0 RUNeRVALS with Iron Girl: 3 x 30 Minutes - Workouts	\$39.95
2.0 SPINeRVALS with Iron Girl: 3 x 30 Minutes - Workouts	\$39.95
3.0 STReNDURANCE with Iron Girl: 5 x 10-20 Minutes - Workouts	\$39.95
1.0-3.0 Iron Girl Multi Sport 3-Pack	\$109.95

SPINeRVALS FITNESS SERIES

1.0 Ride Strong: 40 Minutes - Intervals	6.5	\$39.95
2.0 Sweating Buckets: 45 Minutes - Intervals	7.5	\$39.95
3.0 Enter the Red Zone: 50 Minutes - Intervals	9.1	\$39.95
4.0 Lean and Mean: 50 Minutes - intervals	8.2	\$39.95
5.0 Fitness Amplifier with Iron Girl: 75 Minutes - Workouts	8.9	\$39.95
6.0 Riding with Iron Girl: 50 Minutes - Intervals	8.9	\$39.95
1.0-6.0 Complete Set price		\$179.95

RUNeRVALS TREADMILL WORKOUTS

1.0 Easy intervals Team Clydesdale: 45 Minutes - Intervals	6	\$39.95
2.0 Treadmill Tempo: 45 Minutes - Workout	9	\$39.95
3.0 Cheetah Fast: 45 Minutes - Workout	9	\$39.95
4.0 Up! Up! & Up! The Hill Climber: 45 Minutes - Workout	9	\$39.95
5.0 10km Strength Builder: 45 Minutes - Workout	9	\$39.95
6.0 Time Saver 1, Cruise & Tempo: 3 x 30 Minutes	9.7	\$39.95
7.0 Time Saver 2, Speed: 3 x 30 Minutes	9.8	\$39.95
1.0 -7.0 Complete Set price		\$249.95

ON THE ROAD WITH COACH TROY

1.0 Autumn Country Training Ride: 50 Minutes	8.7	\$49.95
2.0 Lake Placid Ride: 180 Minutes	9	\$49.95
3.0 Tuscon Training Rides: 2 x 60 Minutes	9.5	\$49.95
4.0 Madison, Wisconsin Ride	9.3	\$49.95
1.0-6.0 Complete Set price		\$179.95

STRENDURANCE - STRENGTH & ENDURANCE TRAINING

1.0 12 week Progression - 7 x 20 to 30 Minutes - Workout	\$59.95
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FLEXIBLE WARRIOR

1.0 Flexible Warrior: Athletic Yoga for Triathletes	\$39.95
2.0 Flexible Warrior: Cross Training for Multi Sport	\$39.95
3.0 Flexible Warrior: Flexibility for Swim, Bike, Run	\$39.95
1.0 -3.0 Complete Set price	\$109.95

SPORTS MEDICINE

1.0 BodyWorks MD - The Knee	\$39.95
2.0 BodyWorks MD - The Shoulder	\$39.95
3.0 BodyWorks MD - The Back	\$39.95
4.0 BodyWorks MD - The Ankle	\$39.95

SPINeRVALS AUDIO SERIES

1.0 Audio - Fast Legs	\$34.95
2.0 Audio - Mega Watts	\$34.95
Multisport Instructional Series - Eat, Drink & Go FAST	\$34.95
Multisport Instructional Series - Iron Focus	\$34.95

SPINeRVALS ACCESSORIES

Premium Drink Bottle: 750ml	\$9.95
Sweat Guard	\$39.95