|  |  |  |
| --- | --- | --- |
| **Peloton Resistance** |  | **Echelon** |
| **90-100** | **28-32** |
| **80-85** | **25-27** |
| **70-75** | **22-24** |
| **60-65** | **19-20** |
| **50-55** | **15-17** |
| **40-45** | **12-14** |
| **30-35** | **9-11** |
| **20-25** | **6-8** |
| **0-10** | **1-5** |

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