Initial speed: 50–60 RPM
Resistance: 1

Participant pedals to moderate pain (3–4/5 on claudication pain scale) after which participant sits down and rests until all pain subsides (0/5 on claudication leg pain scale). Start next exercise bout. Continue this process for the entire 60 minute session.

If participant is able to cycle continuously for 8 minutes or more
- Increase resistance by 1
  NEXT SESSION

If participant is unable to cycle continuously for 8 minutes or more
- Continue at same resistance

If participant is able to cycle at resistance of 10 at 50–60 RPM continuously for 8 minutes
- Increase speed to 60–70 RPM and maintain resistance of 10 NEXT SESSION

If participant is able to cycle continuously for 8 minutes or more
- Increase resistance by 1
  NEXT SESSION

If participant is unable to cycle continuously for 8 minutes or more
- Continue at same resistance

If participant is able to cycle at resistance of 20 at 60–70 RPM continuously for 8 minutes increase RPM to 70–80 RPM