**You should have printed out 4 sheets (including this one)**

* The first 2 sheets can be used along with your stopwatch or timer
* **The numbers all represent the seconds & minutes that correspond with your workout timer**
* The BLACK numbers are the time periods you rest and the RED is when you go all out
* **Sheet 1 gives you a 1 minute break between sets = 25½ minute workout**
* Sheet 2 gives you a 30 second break between sets = 24 minute workout
* **Sheet 3 Just gives a basic outline of the workout**

|  |  |  |  |
| --- | --- | --- | --- |
| * 0-30 * 30-60 * 60-130 * 130-200 * 200-220 * 220-250 * 250-300 * 300-330 * 330-340 * 340-410 * 410-430 * 430-500 * 500-530 * 530-600 | * 6-7 * 7-730 * 730-8 * 8-830 * 830-850 * 850-920 * 920-930 * 930-1000 * 1000-1010 * 1010 -1040 * 1040-11 * 11-1130 * 1130-12 * 12 -1230 | * 1230-1330 * 1330-14 * 14-1430 * 1430-15 * 15-1520 * 1520-1550 * 1550-16 * 16-1630 * 1630-1640 * 1640-1710 * 1710-1730 * 1730-18 * 18-1830 * 1830-19 | * 19-20 * 20-2030 * 2030-21 * 21-2130 * 2130-2150 * 2150-2220 * 2220-2230 * 2230-23 * 23-2310 * 2310-2340 * 2340-24 * 24-2430 * 2430-25 * 25-2530 |

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| --- | --- | --- | --- |
| * 0-30 * 30-60 * 60-130 * 130-200 * 200-220 * 220-250 * 250-300 * 300-330 * 330-340 * 340-410 * 410-430 * 430-500 * 500-530 * 530-600 | * 6-630 * 630-7 * 7-730 * 730-8 * 8-820 * 820-850 * 850-9 * 9-930 * 930-940 * 940-1010 * 1010-1030 * 1030-11 * 11-1130 * 1130-12 | * 12-1230 * 1230-13 * 13-1330 * 1330-14 * 14-1420 * 1420-1450 * 1450-15 * 15-1530 * 1530-1540 * 1540-1610 * 1610-1630 * 1630-17 * 17-1730 * 1730-18 | * 18-1830 * 1830-19 * 19-1930 * 1930-20 * 20-2020 * 2020-2050 * 2050-21 * 21-2130 * 2130-2140 * 2140-2210 * 2210-2230 * 2230-23 * 23-2330 * 2330-24 |

* Go All Out for 30 Seconds
* Rest 30 Seconds
* Go All Out for 30 Seconds
* Rest 20 Seconds
* Go All Out for 30 Seconds
* Rest 10 Seconds
* Go All Out for 30 Seconds
* Rest 10 Seconds
* Go All Out for 30 Seconds
* Rest 20 Seconds
* Go All Out for 30 Seconds
* Rest 30 Seconds
* Rest 30-to-60 Seconds & Repeat up to 3 times