**You should have printed out 2 sheets (including this one)**

* The other sheet 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**

|  |  |  |
| --- | --- | --- |
| * **0-19**
* **20-59**
* **100-109**
* **110-139**
* **140-149**
* **150-229**
* **230-239**
* **240-309**
* **310-319**
* **320-359**
* **400-409**
* **410-439**
* **440-449**
* **450-529**
* **530-539**
 | * **540-619**
* **620-629**
* **630-659**
* **700-709**
* **710-749**
* **750-759**
* **8-829**
* **830-839**
* **840-919**
* **920-929**
* **930-959**
* **1000-09**
 | * **1010-1049**
* **1050-59**
* **1100-1129**
* **1130-39**
* **1140-1219**
* **1220-29**
* **1230-59**
* **13-1309**
* **1310-1349**
* **1350-59**
* **1400-29**
* **1430-39**
* **1440-1519**
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