**You should have printed out 3 sheets (including this one)**

* The first 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
* **Sheet 2 Just gives a basic outline of the workout**

|  |  |  |  |
| --- | --- | --- | --- |
| * 0-15 * 15-1 * 1-130 * 130-200 * 200-220 * 220-305 * 305-315 * 315-345 * 345-355 * 355-440 * 440-5 * 5-530 * 530-6 * 6-645 * 645-705 * 705-735 | * 735-745 * 745-830 * 830-915 * 915-1015 * **1015-1115** * 1115-1200 * 1200-1230 * 1230-13 * 13-1320 * 1320-1405 * 1405-1415 * 1415-1445 * 1445-1455 * 1455-1540 | * 1540-16 * 16-1630 * 1630-17 * 17-1745 * 1745-1805 * 1805-1835 * 1835-1845 * 1845-1930 * 1930-2015 * 2015-2115 * **2115-2215** * 2215-23 * 23-2330 * 2330-24 * 24-2420 | * 2420-2505 * 2505-2515 * 2515-2545 * 2545-2555 * 2555-2640 * 2640-27 * 27-2730 * 2730-28 * 28-2845 * 2845-2905 * 2905-2935 * 2935-2945 * 2945-3030 * 3030-3115 * 3115-3215 |

* Go All Out for 45 Seconds
* Rest 30 Seconds
* Go All Out for 30 Seconds
* Rest 20 Seconds
* Go All Out for 45 Seconds
* Rest 10 Seconds
* Go All Out for 30 Seconds
* Rest 10 Seconds
* Go All Out for 45 Seconds
* Rest 20 Seconds
* Go All Out for 30 Seconds
* Rest 30 Seconds
* Go All Out for 45 Seconds
* Rest 20 Seconds
* Go All Out for 30 Seconds
* Rest 10 Seconds
* Go All Out for 45 Seconds
* Rest 45 Seconds
* Go All Out for 60 Seconds
* Rest 30-to-60 Seconds & Repeat up to 2 times