**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**

|  |  |  |  |
| --- | --- | --- | --- |
| * 0-10 * 10-30 * 30-40 * 40-1 * 1-110 * 110-130 * 130-140 * 140-2 * 2-210 * 210-230 * 230-240 * 240-3 * 3-310 * 310-330 * 330-340 * 340-4 | * 4-5 * 5-520 * 520-530 * 530-550 * 550-6 * 6-620 * 620-630 * 630-650 * 650-7 * 7-720 * 720-730 * 730-750 * 750-8 * 8-820 * 820-830 * 830-850 | * 850-950 * 950-1010 * 1010-1020 * 1020-1040 * 1040-1050 * 1050-1110 * 1110-1120 * 1120-1140 * 1140-1150 * 1150-1210 * 1210-1220 * 1220-1240 * 1240-1250 * 1250-1310 * 1310-1320 * 1320-1340 | * 1340-1440 * 1440-15 * 15-1510 * 1510-1530 * 1530-1540 * 1540-16 * 16-1610 * 1610-1630 * 1630-1640 * 1640-17 * 17-1710 * 1710-1730 * 1730-1740 * 1740-18 * 18-1810 * 1810-1830 |

* Go All Out for 20 Seconds **(Battle rope waves or** *any battle rope variation at nowloss.com/battle***)**
* Rest 10 Seconds
* Go All Out for 20 Seconds **(Jumping Jacks)**
* Rest 10 Seconds
* Go All Out for 20 Seconds **(Battle rope hip toss or** *any battle rope variation at nowloss.com/battle***)**
* Rest 10 Seconds
* Go All Out for 20 Seconds **(Jumping Jacks)**
* Rest 10 Seconds
* Go All Out for 20 Seconds **(Battle rope waves or** *any battle rope variation at nowloss.com/battle***)**
* Rest 10 Seconds
* Go All Out for 20 Seconds **(Jumping Jacks)**
* Rest 10 Seconds
* Go All Out for 20 Seconds **(Battle rope hip toss or** *any battle rope variation at nowloss.com/battle***)**
* Rest 10 Seconds
* Go All Out for 20 Seconds **(Jumping Jacks)**
* Rest 60 Seconds & Repeat up to 3 times