**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