**You should have printed out 2 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

|  |  |  |  |
| --- | --- | --- | --- |
| * **0-19** * **20-39** * **40-59** * **1-139** * **140-159** * **2-219** * **220-239** * **240-259** * **3-339** * **340-359** * **4-419** * **420-439** * **440-459** * **5-519** * **530-539** | * **540-619** * **620-639** * **640-659** * **7-719** * **720-739** * **740-759** * **8-819** * **820-839** * **840-859** * **9-939** * **940-959** * **10-1019** * **1020-1059** * **11-1119** * **1120-1139** | * **1140-1159** * **12-1219** * **1220-1259** * **13-1319** * **1320-1339** * **1340-1359** * **14-1419** * **1420-1439** * **1440-1459** * **15-1539** * **1540-1559** * **16-1619** * **1620-39** * **1640-1659** * **17-1719** | * **1720-1739** * **1740-1759** * **18-1819** |