**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

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| --- | --- | --- | --- |
| * **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**
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