**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** * **20-29** * **30-39** * **40-59** * **1-109** * **110-139** * **140-149** * **150-229** * **230-239** * **240-319** * **320-329** * **330-359** * **4-409** * **410-429** * **430-439** * **440-449** | * **450-549** * **550-559** * **6-609** * **610-629** * **630-39** * **640-709** * **710-719** * **720-759** * **8-809** * **810-849** * **850-859** * **9-929** * **930-939** * **940-959** * **10-1009** * **1010-19** | * **1020-29** * **1030-39** * **1040-49** * **1050-1109** * **1110-19** * **1120-49** * **1150-59** * **12-1239** * **1240-49** * **1250-1329** * **1330-39** * **1340-1409** * **1410-19** * **1420-39** * **1440-49** * **1450-59** | * **1500-59** * **16-1609** * **1610-19** * **1620-39** * **1640-49** * **1650-1719** * **1720-29** * **1730-1809** * **1810-19** * **1820-59** * **19-1909** * **1910-39** * **1940-49** * **1950-2009** * **2010-2019** * **2020-29** |