**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**
* **20-29**
* **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**
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