

You should have printed out 4 sheets (including this one)

- The first 2 sheets 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 1 gives you a 1 minute break between sets = 25½ minute workout**
- Sheet 2 gives you a 30 second break between sets = 24 minute workout
- **Sheet 3 Just gives a basic outline of the workout**

- 0-30
- 30-60
- 60-130
- 130-200
- 200-220
- 220-250
- 250-300
- 300-330
- 330-340
- 340-410
- 410-430
- 430-500
- 500-530
- 530-600

- 6-7
- 7-730
- 730-8
- 8-830
- 830-850
- 850-920
- 920-930
- 930-1000
- 1000-1010
- 1010 -1040
- 1040-11
- 11-1130
- 1130-12
- 12 -1230

- 1230-1330
- 1330-14
- 14-1430
- 1430-15
- 15-1520
- 1520-1550
- 1550-16
- 16-1630
- 1630-1640
- 1640-1710
- 1710-1730
- 1730-18
- 18-1830
- 1830-19

- 19-20
- 20-2030
- 2030-21
- 21-2130
- 2130-2150
- 2150-2220
- 2220-2230
- 2230-23
- 23-2310
- 2310-2340
- 2340-24
- 24-2430
- 2430-25
- 25-2530

- 0-30
- 30-60
- 60-130
- 130-200
- 200-220
- 220-250
- 250-300
- 300-330
- 330-340
- 340-410
- 410-430
- 430-500
- 500-530
- 530-600

- 6-630
- 630-7
- 7-730
- 730-8
- 8-820
- 820-850
- 850-9
- 9-930
- 930-940
- 940-1010
- 1010-1030
- 1030-11
- 11-1130
- 1130-12

- 12-1230
- 1230-13
- 13-1330
- 1330-14
- 14-1420
- 1420-1450
- 1450-15
- 15-1530
- 1530-1540
- 1540-1610
- 1610-1630
- 1630-17
- 17-1730
- 1730-18

- 18-1830
- 1830-19
- 19-1930
- 1930-20
- 20-2020
- 2020-2050
- 2050-21
- 21-2130
- 2130-2140
- 2140-2210
- 2210-2230
- 2230-23
- 23-2330
- 2330-24

- Go All Out for 30 Seconds
- Rest 30 Seconds
- Go All Out for 30 Seconds
- Rest 20 Seconds
- Go All Out for 30 Seconds
- Rest 10 Seconds
- Go All Out for 30 Seconds
- Rest 10 Seconds
- Go All Out for 30 Seconds
- Rest 20 Seconds
- Go All Out for 30 Seconds
- Rest 30 Seconds
- Rest 30-to-60 Seconds & Repeat up to 3 times