

You should have printed out 2 sheets (including this one)

- The other 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
- 20-59
- 100-109
- 110-139
- 140-149
- 150-229
- 230-239
- 240-309
- 310-319
- 320-359
- 400-409
- 410-439
- 440-449
- 450-529
- 530-539

- 540-619
- 620-629
- 630-659
- 700-709
- 710-749
- 750-759
- 8-829
- 830-839
- 840-919
- 920-929
- 930-959
- 1000-09

- 1010-1049
- 1050-59
- 1100-1129
- 1130-39
- 1140-1219
- 1220-29
- 1230-59
- 13-1309
- 1310-1349
- 1350-59
- 1400-29
- 1430-39
- 1440-1519