**You should have printed out 3 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
* **Sheet 2 Just gives a basic outline of the workout**

|  |  |  |  |
| --- | --- | --- | --- |
| * 0-15
* 15-1
* 1-130
* 130-200
* 200-220
* 220-305
* 305-315
* 315-345
* 345-355
* 355-440
* 440-5
* 5-530
* 530-6
* 6-645
* 645-705
* 705-735
 | * 735-745
* 745-830
* 830-915
* 915-1015
* **1015-1115**
* 1115-1200
* 1200-1230
* 1230-13
* 13-1320
* 1320-1405
* 1405-1415
* 1415-1445
* 1445-1455
* 1455-1540
 | * 1540-16
* 16-1630
* 1630-17
* 17-1745
* 1745-1805
* 1805-1835
* 1835-1845
* 1845-1930
* 1930-2015
* 2015-2115
* **2115-2215**
* 2215-23
* 23-2330
* 2330-24
* 24-2420
 | * 2420-2505
* 2505-2515
* 2515-2545
* 2545-2555
* 2555-2640
* 2640-27
* 27-2730
* 2730-28
* 28-2845
* 2845-2905
* 2905-2935
* 2935-2945
* 2945-3030
* 3030-3115
* 3115-3215
 |

* Go All Out for 45 Seconds
* Rest 30 Seconds
* Go All Out for 30 Seconds
* Rest 20 Seconds
* Go All Out for 45 Seconds
* Rest 10 Seconds
* Go All Out for 30 Seconds
* Rest 10 Seconds
* Go All Out for 45 Seconds
* Rest 20 Seconds
* Go All Out for 30 Seconds
* Rest 30 Seconds
* Go All Out for 45 Seconds
* Rest 20 Seconds
* Go All Out for 30 Seconds
* Rest 10 Seconds
* Go All Out for 45 Seconds
* Rest 45 Seconds
* Go All Out for 60 Seconds
* Rest 30-to-60 Seconds & Repeat up to 2 times