

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