**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**

|  |  |  |  |
| --- | --- | --- | --- |
| * **0-20**
* **20-40**
* **40-1**
* **1-120**
* **120-140**
* **140-2**
* **2-220**
* **220-240**
* **240-3**
* **3-320**
* **320-340**
* **340-4**
* **4-420**
* **420-440**
* **440-5**
* **5-520**
 | * **520-620**
* **620-640**
* **640-7**
* **7-720**
* **720-40**
* **740-8**
* **8-820**
* **820-840**
* **840-9**
* **9-920**
* **920-940**
* **940-10**
* **10-1020**
* **1020-1040**
* **1040-11**
* **11-1120**
 | * **1120-1220**
* **1220-1240**
* **1240-13**
* **13-1320**
* **1320-1340**
* **1340-14**
* **14-1420**
* **1420-1440**
* **1440-15**
* **15-1520**
* **1520-1540**
* **1540-16**
* **16-1620**
* **1620-1640**
* **1640-17**
* **17-1720**
 | * **1720-1820**
* **1820-1840**
* **1840-19**
* **19-1920**
* **1920-1940**
* **1940-20**
* **20-2020**
* **2020-2040**
* **2040-21**
* **21-2120**
* **2120-2140**
* **2140-22**
* **22-2220**
* **2220-2240**
* **2240-23**
* **23-2320**
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