

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