**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**

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| --- | --- | --- | --- | --- | --- |
| **0-19****20-49****50-59****1-119****120-129****130-159****2-209****210-229****230-239****240-309****310-319****320-339****340-349****350-419****420-429****430-449****450-459****5-529****530-539****540-559****6-609****610-639****640-649****650-709****710-719****720-749****750-759****8-819** | **820-829****830-859****9-909****910-929****930-939****940-1009****1010-1019****1020-1059****11-1159****12-1229****1230-1239****1240-1259****13-1309****1310-1339****1340-1349****1350-1409****1410-1419****1420-1449****1450-1459****15-1519****1520-1529****1530-1559****16-1609****1610-1629****1630-1639****1640-1709****1710-1719****1720-1739** | **1740-1749****1750-1819****1820-1829****1830-1849****1850-1859****19-1929****1930-1939****1940-1959****20-2009****2010-2039****2040-2049****2050-2109****2110-2119****2120-2149****2150-2159****22-2239****2240-2339****2340-2409****2410-2419****2420-2439****2440-2449****2450-2519****2520-2529****2530-2549****2550-2559****26-2629****2630-2639****2640-2659** | **27-2709****2710-2739****2740-49****2750-2809****2810-2819****2820-49****2850-2859****29-2919****2920-2929****2930-2959****30-3009****3010-3029****3030-3039****3040-3109****3110-3119****3120-3139****3140-3149****3150-3219****3220-3229****3230-3249****3250-3259****33-3329****3330-3339****3340-3419****3420-3519****3520-49****3550-3559****36-3619** | **3620-3629****3630-3659****37-3709****3710-3729****3730-3739****3740-3809****3810-3819****3820-3839****3840-3849****3850-3919****3920-3929****3930-3949****3950-3959****40-4029****4030-4039****4040-4059****41-4109****4110-4139****4140-4149****4150-4209****4210-4219****4220-4249****4250-4259****43-4339****4340-4349****4350-4419****4420-4429****4430-4449** | **4450-4459****45-4539****4540-4549****4550-4639** |