

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**

- 0-10
- 10-30
- 30-40
- 40-1
- 1-110
- 110-130
- 130-140
- 140-2
- 2-210
- 210-230
- 230-240
- 240-3
- 3-310
- 310-330
- 330-340
- 340-4

- 4-5
- 5-520
- 520-530
- 530-550
- 550-6
- 6-620
- 620-630
- 630-650
- 650-7
- 7-720
- 720-730
- 730-750
- 750-8
- 8-820
- 820-830
- 830-850

- 850-950
- 950-1010
- 1010-1020
- 1020-1040
- 1040-1050
- 1050-1110
- 1110-1120
- 1120-1140
- 1140-1150
- 1150-1210
- 1210-1220
- 1220-1240
- 1240-1250
- 1250-1310
- 1310-1320
- 1320-1340

- 1340-1440
- 1440-15
- 15-1510
- 1510-1530
- 1530-1540
- 1540-16
- 16-1610
- 1610-1630
- 1630-1640
- 1640-17
- 17-1710
- 1710-1730
- 1730-1740
- 1740-18
- 18-1810
- 1810-1830

- Go All Out for 20 Seconds (*Battle rope waves or any battle rope variation at nowloss.com/battle*)
- Rest 10 Seconds
- Go All Out for 20 Seconds (*Jumping Jacks*)
- Rest 10 Seconds
- Go All Out for 20 Seconds (*Battle rope hip toss or any battle rope variation at nowloss.com/battle*)
- Rest 10 Seconds
- Go All Out for 20 Seconds (*Jumping Jacks*)
- Rest 10 Seconds
- Go All Out for 20 Seconds (*Battle rope waves or any battle rope variation at nowloss.com/battle*)
- Rest 10 Seconds
- Go All Out for 20 Seconds (*Jumping Jacks*)
- Rest 10 Seconds
- Go All Out for 20 Seconds (*Battle rope hip toss or any battle rope variation at nowloss.com/battle*)
- Rest 10 Seconds
- Go All Out for 20 Seconds (*Jumping Jacks*)
- Rest 60 Seconds & Repeat up to 3 times