

## **You should have printed out 2 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

● **0-19**

● 20-39

● 40-59

● **1-139**

● 140-159

● 2-219

● 220-239

● 240-259

● **3-339**

● 340-359

● 4-419

● 420-439

● 440-459

● 5-519

● 530-539

● **540-619**

● 620-639

● 640-659

● 7-719

● 720-739

● 740-759

● 8-819

● 820-839

● 840-859

● **9-939**

● 940-959

● 10-1019

● **1020-1059**

● 11-1119

● 1120-1139

● **1140-1159**

● 12-1219

● **1220-1259**

● 13-1319

● 1320-1339

● 1340-1359

● 14-1419

● 1420-1439

● 1440-1459

● **15-1539**

● 1540-1559

● 16-1619

● 1620-39

● 1640-1659

● 17-1719

● **1720-1739**

● 1740-1759

● 18-1819

