

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**

- **20-29**
- 30-39
- **40-59**
- 1-109
- **110-139**
- 140-149
- **150-229**
- 230-239
- **240-319**
- 320-329
- **330-359**
- 4-409
- **410-429**
- 430-439
- **440-449**

● **450-549**

- **550-559**
- 6-609
- **610-629**
- 630-39
- **640-709**
- 710-719
- **720-759**
- 8-809
- **810-849**
- 850-859
- **9-929**
- 930-939
- **940-959**
- 10-1009
- **1010-19**

● **1020-29**

- **1030-39**
- 1040-49
- **1050-1109**
- 1110-19
- **1120-49**
- 1150-59
- **12-1239**
- 1240-49
- **1250-1329**
- 1330-39
- **1340-1409**
- 1410-19
- **1420-39**
- 1440-49
- **1450-59**

● **1500-59**

- **16-1609**
- 1610-19
- **1620-39**
- 1640-49
- **1650-1719**
- 1720-29
- **1730-1809**
- 1810-19
- **1820-59**
- 19-1909
- **1910-39**
- 1940-49
- **1950-2009**
- 2010-2019
- **2020-29**