**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**

|  |  |  |  |
| --- | --- | --- | --- |
| * **0-19** * **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** | * **450-59** * **500-509** * **510-19** * **620-639** * **640-49** * **650-719** * **720-29** * **730-809** * **810-19** * **820-59** * **900-09** * **910-39** * **940-49** * **950-1009** * **1010-19** * **1020-29** | * **1030-39** * **1040-49** * **1050-59** * **11-1119** * **1120-29** * **1130-59** * **1200-09** * **1210-1249** * **1250-59** * **1300-1339** * **1340-49** * **1350-1419** * **1420-29** * **1430-49** * **1450-59** * **1500-09** | * **1510-19** * **1520-29** * **1530-39** * **1540-59** * **16-1609** * **1610-39** * **1640-49** * **1650-1729** |