

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

