**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**
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