



**WEEK 1**

26 minutes  
130 to 160 BPM

**BPM CHART:**

5 minutes @ 125 BPM  
1 minute @ 160 BPM  
4 minutes @ 130 BPM  
1 minute @ 160 BPM  
4 minutes @ 130 BPM  
1 minute @ 160 BPM  
4 minutes @ 130 BPM  
4 minutes @ 115 BPM

**WEEK 2**

27 minutes  
135 to 165 BPM

**BPM CHART:**

3 minutes @ 150 BPM  
8 minutes @ 165 BPM  
3 minutes @ 150 BPM  
8 minutes @ 170 BPM  
3 minutes @ 150 BPM  
8 minutes @ 175 BPM  
3 minutes @ 150 BPM

**WEEK 3**

28 minutes  
140 to 170 BPM

**BPM CHART:**

5 minutes @ 125 BPM  
1 minute @ 170 BPM  
4 minutes @ 140 BPM  
1 minute @ 170 BPM  
4 minutes @ 140 BPM  
1 minute @ 170 BPM  
4 minutes @ 140 BPM  
4 minutes @ 125 BPM