



WEEK 1

39 minutes from 160 to 170 BPM

BPM CHART:

3 minutes @ 150 BPM
8 minutes @ 160 BPM
3 minutes @ 150 BPM
8 minutes @ 165 BPM
3 minutes @ 150 BPM
8 minutes @ 170 BPM
3 minutes @ 150 BPM

WEEK 2

40 minutes from 165 to 175 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

39 minutes from 170 to 180 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 4

56 minutes at 180 BPM