

The Classic Workout

Activity	Duration	Rate of Perceived Exertion (PRE)
Warm Up	3 mins	2
FLAT OUT	30 secs	5
Decrease Intensity	90 secs	2
FLAT OUT	30 secs	5
Decrease Intensity	90 secs	2
FLAT OUT	30 secs	6
Decrease Intensity	90 secs	2
FLAT OUT	30 secs	6
Decrease Intensity	90 secs	2
FLAT OUT	30 secs	7
Decrease Intensity	90 secs	2
FLAT OUT	30 secs	8
Decrease Intensity	90 secs	2
FLAT OUT	30 secs	8
Decrease Intensity	90 secs	2
FLAT OUT	30 secs	9
Cool Down	2 minutes	2

Please note: Total Time is 19 minutes

- Have fun and get creative with the workout. It can be done with any activity such as walking, running, using a stationary cycle, rowing, or body weight exercises (i.e. burpees, jumping jacks, squats and mountain climbers).
- Start with 4 sprints and when you are ready gradually build up to 8 sprints total. Make sure to increase your intensity levels.
- Always warm up for at least three minutes and cool down for at least two minutes.

Rate of Perceived Exertion (RPE)

RPE Scale	Description
0-1	No exertion. Inactive
2-3	Light exertion. Used for warm ups, cool downs and stretching
4-5	Medium exertion. Breathing and heart rate a little faster, feeling warmer
6-7	Moderate exertion. Breathing hard, sweating, harder to talk
8-9	Hard exertion. Breathing very hard, can only say a few words
10	Hardest exertion. Cannot keep up the pace for long, cannot speak. YOU HIT YOUR LIMIT!
REP rates exercise intensity	