



Consult with your doctor before beginning this or any exercise routine. The creators, producers, participants, and distributors of this program do not assume liability for injury or loss in connection with this exercise program.

Rate of Perceived Exertion (RPE) Scale:

Use this guide to determine the level of exertion to workout to. If you are using a heart rate (HR) monitor personalize this form by recording the ranges of your beats per minute (BPM) in the space provided.

level 1 – easy	level 2 - comfy	level 3 - challenging	level 4 - hard	level 5 – can't continue
HR Range: 50 - 65%	HR Range: 65 - 75%	HR Range: 75 – 85%	HR Range: 85 - 90%	HR Range: 90% +
BPM	BPM	BPM	BPM	BPM

theworkout: Sometimes working in that comfortable zone without feeling challenged is the best thing to do. It provides the opportunity to enhance your cardiovascular strength and muscular endurance.

The run time is 1:02:57 minutes.

RPE level	elapsed time	sound	what to do
1	00:00	Sunshine Variety Club Blues From A Cottage	Starting off easy – nice flat road ... move your body.
2	06:19	The Other Guy Rockin Chairs	Pick up the intensity a bit ... still warming it up.
2	12:32	Crash Boom Bang Are You Ready?	Keep the pace and intensity at the low end of the comfy scale as you simply cruise along.
	15:31	Lil' Ed & The Blues Imperials - Hold That Train	You can feel the wind starting to make itself felt, but hold that pace and feeling as best you can.
	19:14	Frank Black - Robert Onion	The wind isn't backing down so pick the pace up a notch to bring yourself close to the edge but not going into challenging territory.
	21:59	Augie March Just Passing Through	You've out run the wind so slow that pace back down, and bring yourself back to the low end of the comfy scale.
	26:47	Zwalaka - Deeper	Pushing into that second breath of wind so focus on keeping your breathing nice and even.
	32:02	Comandante Zero Give It Up	The wind is being persistent in trying to grab hold of you so step on the gas just a little as you bring yourself back to the top limit of feeling comfy.
	34:59	Frankie Valentine Moogrock	Let your intensity and pace dial back down as you guide the body back to the low end of the comfy scale.
	40:20	The Black Ghosts I Want Nothing	Last gust of wind to deal with is the longest one so keep that pace going and don't let the wind win.
	42:34	Mana Junkie - Madness	
	44:44	Loveshadow War + Art and Luv	
49:02	George Ellinas Beginnings and Endings	Picking the pace up for the last time here as you take yourself to the top end of the comfy scale.	
2	53:16	Phobos - Lovers Embrace	Ease off ... Start cooling down
1	58:32	Lasswell - Skyline Mix	Stretch those tired muscles