



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: Here are some rolling hills that provide the opportunity for both work and recovery. Focus on improving your cardiovascular strength and teaching your muscles to endure working at a tougher intensity. The run time is 1:03:25.

| RPE level | elapsed time | sound | what to do |
|-----------|--------------|--|--|
| 1 | 00:00 | Voide - All Systems Go | Starting off easy – nice flat road ... move your body. |
| 2 | 06:18 | David Hudson - Walkabout | Pick up the intensity a bit ... still warming it up. |
| 2 | 10:17 | Peter Gabriel - Burn You Up, Burn You Down | Enjoy the feeling of cruising along that perfect flat road as you focus on finding the perfect breath to control the heart rate. |
| | 13:50 | Black Hustle - Free | Time to shift gears and get your engine working a little bit faster while still keeping yourself in that comfortable zone. |
| 3 | 19:44 | Urban Soul - Love Is | As you hit the first hill let that heart rate slowly climb with you as you slow the pace to manage your energy efficiently. |
| 2 | 26:43 | The Shanghai Restoration Project - Sala | Gliding down hill use that perfect breath to lower your heart rate back down. |
| | 28:53 | Gabriel Comandulli - My Dreams | Hitting the flat road you are greeted by a wall of wind that wants to slow your pace but use your body to brush it aside. |
| 3 | 35:24 | Kraak & Smaak Keep Me Home | Reaching the second hill remember to watch how you burn your energy to ensure you have enough gas left in the tank to make it to the end. |
| 2 | 40:16 | Montoya Love Comes Over Me | Another opportunity to take control of your body as you bring yourself back to that comfy feeling. |
| 3 | 46:06 | Radiotimes Endless Possibilities | Last hill offers the biggest challenge and the best opportunity to see how well you've managed your energy level. It's time to power to the top. |
| 3 - 4 | 49:34 | The Dandy Warhols - When The Talk Radio Breaks | Half way there and as the climb steepens, lock your eyes on the top and reel it to you! |
| 2 | 52:57 | Loveshadow Cant Wait to say Hello | Ease off ... Start cooling down. |
| 1 | 58:12 | Grapes - Be Cool | Stretch those tired muscles. |