



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:** There are two opportunities to focus on the challenge of controlling the body while working it hard. The run time is 1:03:09 minutes.

RPE level	elapsed time	sound	what to do
1	00:00	The Pimps Of Joytime Street Sound	Starting off easy – nice flat road ... move your body.
2	07:50	DJ Koze The Spitzer Group	Pick up the intensity a bit ... still warming it up.
2	10:21	His Boy Elroy - Revolve	Increase the pace just a bit while keeping your breathing and that comfy feeling steady.
	13:28	Gaz Reynolds Electric Kama Sutra	
2 - 3	16:20	The Dandy Warhols And Then I Remixed of Yes	Use that quicker momentum to get a jump starting up the first hill.
3	20:09	DJ Roland Clark & Urban Soul - Until We Meet Again	As the hill increases its intensity, allow your pace to slow and adjust your breathing to control your heart rate.
3 - 4	25:52	Bangguru - Another 80's	You can feel another change in grade, but also the feeling of all that O <sub>2</sub> flowing into your body and muscles as you push for the top.
2	28:35	Tracy Young Believe In We	Gliding over the top you now descend into recovery, bring your pace up and heart rate down.
	37:18	Tim Rex Experiment Relentless	A short flat section to take stock of where your body is at and where you can take it on that second hill.
2 - 3	41:14	Johnny P - Look Good	No need to look for the top, just focus on biting into this hill in strong small sections.
3	45:12	Nadine Sutherland Big Tingz	As the hill steps up the challenge, adjust yourself to meet and accept this opportunity to see how well you can control your body.
3 - 4	48:36	J'Nay - Where Do We Go	The top is now not far away, lift your gaze upwards and lock your eyes on the prize and don't let go.
2	52:26	The Hermit Si Vous Me Quittez	Ease off ... Start cooling down.
1	55:41	Bangguru - Mooneclipse	Stretch those tired muscles.