



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: Ahead of you are rolling hills that will attempt to grab control of your body. Your mission...stay in control and conquer the hills.

The run time is 1:00:04 minutes.

RPE level	elapsed time	sound	what to do
1	00:00	Stefan Tretau - Libraries	Starting off easy – nice flat road ... move your body.
2			Pick up the intensity a bit ... still warming it up.
2 - 3	10:06	Johnny P - Go Johnny	First hill is a nice easy climb that allows you to see how your body reacts to increasing the intensity, and how much control of your heart rate that you have today.
2	13:35	Earodynamics - Dance	Use the descent to take stock of how you are feeling and which aspects of your performance need attention.
2 - 3	16:42	Telling on Trixie Crash Me Up (Remix)	Second easy climb, focus on making your weaknesses your strengths by the time you reach the top.
2	20:38	Destination X - Dangerous	Gliding down the backside of the hill use you breathing to reel that heart rate back down.
2 - 3	24:10	Random Soul - Key to Soul	Jumping on the third hill you need to now pace yourself and gradually let your heart rate come up as the intensity increases.
3	29:22	Bangguru - Andology	You can feel the hill now grab onto you with a firmer grip, adjust your pace to maintain control of your breathing and heart rate.
3 - 4	32:26	Nick Chacona Eighteenth Hole	The hill ramps itself up a bit more, now is the time to not let your breathing get out of control before you crest over the top.
2	37:29	Loveshadow Things R Gonna Change	One last descent, time to use every breath to lower the heart and recharge the muscles for the final climb.
3 - 4	41:43	Rodney Hunter Wanna Groove?	The last hill starts off steep, and wants to see you lose control and give in, but you've got the focus to accept the challenge and control your body.
3	46:58	Sun & Soul Shades - Dawn	Things back down just a little as you near the top, you've mastered your body this far you know you can conquer this climb.
2	51:23	Magmavander Stoned Dream	Celebrate and ease off ... Start cooling down.
1	55:22	Dee Brown - Sunday Jazz	Stretch those tired muscles.