



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: to reach the perfect road you must climb up and over a challenging hill

The run time is 1:03:25

RPE level	elapsed time	sound	what to do
1	00:00	Mates Of State My Only Offer	Starting off easy – nice flat road ... move your body
	02:55	Gentleman Reg We're in a Thunderstorm	
2	06:58	Jodi Martin 5 Minutes Out To Sea	Pick up the intensity a bit ... still warming it up
2 - 3	10:53	Magic Slim & The Teardrops - Let Me Love You	Time to start the climb, adjust your pace as the intensity creeps up here and get all those muscles working together as you slowly let your Heart Rate come up
3	14:26	Soul Of Black John Black John	Things get a little steep here, don't look for the top, just focus on biting into this climb in small easy bites
	18:25	Mike Zito Love Like This	Remember to stay focused on your breathing, like this climb, let you Heart Rate slowly come up under your control
4	22:53	George Thorogood & The Destroyers - Hard Stuff	The climb rears up trying to dissuade you from reaching for the top, but you stay focused and in control as you accept the challenge
3 - 4	26:26	Degrees Conscious, Vicious	Things back off ever so slightly but border on feeling the challenge being almost hard
2	30:56	The Black Ghosts I Want Nothing	Cresting over the top, take this time to now slowly bring your Heart Rate back down
	33:26	Echo Slightly 3rd Way	Reaching the flat road you settle in for keeping your Heart Rate as steady as you can as you cruise along
	37:27	Divas of Color One More Time	The wind begins to pick up to become like a hand telling you to stop, but you simply maintain your pace and push it aside
	43:05	BMK - We Don't Care	As the intensity of the wind dwindles to nothing you enjoy working at this comfortable pace and intensity
	49:29	The Shanghai Restoration Project deux TIGRES	With the end in sight, and energy in your tank, you can afford to pick the pace up a bit while keeping the Heart Rate in this comfortable zone
2	53:11	Under – Under	Ease off ... Start cooling down
1	59:32	Matisse & Deeper Sublime Long Way Home	Stretch those tired muscles