

## **RPE = (rate of perceived exertion on a scale of 1-10)**

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### **INTERVAL RPE (7-8) REST RPE (4-5)**

**Week 1:** Intervals 90 seconds: 90 seconds Rest for 6 Rounds

**Week 2:** Intervals 90 seconds: 90 seconds Rest for 8 Rounds

**Week 3:** Intervals 90 seconds: 90 Seconds Rest for 10 Rounds

**Week 4:** Intervals 90 seconds: 90 Seconds rest for 6 Rounds.

*(Increase your intensity this week INTERVAL RPE = 8-9 / REST REP = 5-6)*