

INTERVAL/CATEGORY	HEART RATE ZONE	DURATION	MUSIC
WARM UP	ZONE 1 - EASY WARM UP 50-60% MHR	180 SECONDS	WRT STOCK MUSIC Count It Down
AEROBIC 1	ZONE 3 - AEROBIC 70-80% MHR	15 SECONDS	WRT STOCK MUSIC Sure Bet
RECOVER 1	ZONE 2 - HEALTHY HEART 60-70% MHR	30 SECONDS	WRT STOCK MUSIC Hold On
AEROBIC 2	ZONE 3 - AEROBIC 70-80%MHR	30 SECONDS	WRT STOCK MUSIC Sure Bet
RECOVERY 2	ZONE 2 - HEALTHY HEART 60-70% MHR	75 SECONDS	WRT STOCK MUSIC Hold On
AEROBIC 3	ZONE 3 - AEROBIC 70-80% MHR	60 SECONDS	WRT STOCK MUSIC PSYCHEDELIC SLIDE
RECOVER 3	ZONE 2 - HEALTHY HEART 60-70% MHR	120 SECONDS	SOME FINE DAY, EMBER SWIFT
AEROBIC 4	ZONE 3 - AEROBIC 70-80% MHR	45 SECONDS	PROPAGANDA, GEORGE WOOD
RECOVERY 4	ZONE 2 - HEALTHY HEART 60-70% MHR	120 SECONDS	FATAL ATTRACTION,GEORGE WOOD
AEROBIC 5	ZONE 3 - AEROBIC 70-80% MHR	60 SECONDS	JENNIFER, RAMIN STREETS
RECOVERY 5	ZONE 2 - HEALTHY HEART 60-70% MHR	90 SECONDS	WRT STOCK MUSIC Peaceful Protest
AEROBIC 6	ZONE 3 - AEROBIC 70-80% MHR	45 SECONDS	JENNIFER, RAMIN STREETS
RECOVERY 6	ZONE 2 - HEALTHY HEART 60-70% MHR	90 SECONDS	WRT STOCK MUSIC Blonde Police
AEROBIC 7	ZONE 3 - AEROBIC 70-80% MHR	30 SECONDS	AMBUSH, RYAN SHUPE AND THE RUBBER BAND
RECOVERY 7	ZONE 2 - HEALTHY HEART 60-70% MHR	60 SECONDS	PROPAGANDA, GEORGE WOOD
AEROBIC 8	ZONE 3 - AEROBIC 70-80% MHR	30 SECONDS	WRT STOCK MJUSIC Sure Bet
COOL DOWN 2	ZONE 1 - EASY COOL DOWN 50-60% MHR	180 SECONDS	WRT STOCK MUSIC Twilight Stroll