

3 rounds 1 minute

Bell Warning Bell

Round 1	0:00 (0:50) 1:00
Rest	1:00 (1:50) 2:00
Round 2	2:00 (2:50) 3:00
Rest	3:00 (3:50) 4:00
Round 3	4:00 (4:50) 5:00

3 rounds 1.5 minutes

Bell Warning Bell

Round 1	0:00 (1:20) 1:30
Rest	1:30 (2:20) 2:30
Round 2	2:30 (3:50) 4:00
Rest	4:00 (4:50) 5:00
Round 3	5:00 (6:20) 6:30

3 rounds 2 minutes

Bell Warning Bell

Round 1	0:00 (1:50) 2:00
Rest	2:00 (2:50) 3:00
Round 2	3:00 (4:50) 5:00
Rest	5:00 (5:50) 6:00
Round 3	6:00 (7:50) 8:00

3 rounds 3 minutes

Bell Warning Bell

Round 1	0:00 (2:50) 3:00
Rest	3:00 (3:50) 4:00
Round 2	4:00 (6:50) 7:00
Rest	7:00 (7:50) 8:00
Round 3	8:00 (10:50) 11:00