	TEMPO																	
DURATION	60	63	66	69	72	76	80	84	88	92	96	100	104	108	112	116	120	126	132
1 Beat																			
2 Beats																			
4 Beats																			
8 Beats																			
5 Seconds																			
10 Seconds																			
15 Seconds																			
20 Seconds																			

	TEMPO																	
DURATION	80	84	88	92	96	100	104	108	112	116	120	126	132	138	144	152	160	168	176
1 Beat																			
2 Beats																			
4 Beats																			
8 Beats																			
5 Seconds																			
10 Seconds																			
15 Seconds																			
20 Seconds																			

	TEMPO																	
DURATION	96	100	104	108	112	116	120	126	132	138	144	152	160	168	176	184	192	200	208
1 Beat																			
2 Beats																			
4 Beats																			
8 Beats																			
5 Seconds																			
10 Seconds																			
15 Seconds																			
20 Seconds																			