

MIX & MATCH 30 MIN CLASS SEPTEMBER NOW

STRENGTH NOW WARM-UP (4 min 15 sec)

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK # 1 Old Me	Prep	32 x 1	15 sec.	
	Move 1:	32 x 2	30 sec.	
	Move 2:	32 x 2	30 sec.	
	Move 3:	32 x 2	30 sec.	
	Move 4:	32 x 2	30 sec.	
	Repeat Moves 1-4	32 x 8	2 min.	

CARDIO NOW BLOCK CHOREOGRAPHY TEMPLATE (9 min)

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK #2 Instruction vs. New Rules	Move 1:	32 x 4	60 sec.	00:00 "Airhorn" to start move 1
	REST	32 x 2	30 sec.	01:00 "3 Beeps, Rest"
	Move 2:	32 x 4	60 sec.	01:30 "3 Beeps, Airhorn" to start move 2
	REST	32 x 2	30 sec.	02:30 "3 Beeps, Rest"
	Move 3:	32 x 4	60 sec.	03:00 "3 Beeps, Airhorn" to start move 3
	REST	32 x 4	30 sec.	04:00 "3 Beeps, Rest" to stop move
TRACK #3 Best Friend	Move 4:	32 x 4	60 sec.	00:00 "3, 2, 1 Go" to start move 4
	REST	32 x 2	30 sec.	01:00 "3 Beeps, Rest"
	Move 5:	32 x 4	60 sec.	01:30 "3 Beeps, Airhorn" to start move 5
	REST	32 x 2	30 sec.	02:30 "3 Beeps, Rest"
	Move 6:	32 x 4	60 sec.	03:00 "3 Beeps, Airhorn" to start move 6
	REST	32 x 4	30 sec.	04:00 "3 Beeps, Recover" to end the block

TABATA NOW BLOCK CHOREOGRAPHY TEMPLATE (10 min)

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK #4 Boys	Prep	32 x 1	15 sec.	
	Move 1:	32 x 2	30 sec.	00:15 "3, 2, 1, Work" to start Move 1 00:35 "3, 2, 1, Break" to stop
	Move 2:	32 x 2	30 sec.	00:45 "3-2-1 Work" to start Move 2 01:05 "3-2-1 Break" to stop
	Move 3:	32 x 2	30 sec.	01:15 "3-2-1 Work" to start Move 3 01:35 "3-2-1 Break" to stop
	Move 4:	32 x 2	30 sec.	01:45 "3-2-1 Work" to start Move 4 02:05 "3-2-1 Break" to stop
	Repeat Moves 1-4	32 x 8	2 min	04:05 "3-2-1 Recover" to stop
	REST	32 x 4	1 min.	05:03 "3, 2, 1, Work" to start Move 5
TRACK #5 Keep It Jackin'	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Break" to stop

	Move 6:	32 x 2	30 sec.	00:30 "3-2-1 Work" to start Move 6 00:50 "3-2-1 Break" to stop
	Move 7:	32 x 2	30 sec.	01:00 "3-2-1 Work" to start Move 7 01:20 "3-2-1 Break" to stop
	Move 8:	32 x 2	30 sec.	01:30 "3-2-1 Work" to start Move 8 01:50 "3-2-1 Break" to stop
	Repeat Moves 5-8	32 x 8	2 min	03:50 "3-2-1 Recover" to stop
	REST	32 x 4	1 min.	

CYCLE COOLDOWN (4 min 20 sec)

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK #6 My Future				