

**MIX & MATCH 45 MIN CLASS NOVEMBER NOW**

**KICKBOX NOW WARM-UP (5 min)**

SECTION	DESCRIPTION	COUNTS	TIME
TRACK 1 WARM-UP <i>Holy</i>	Prep	32 x 1	15 sec.
	Move 1:	32 x 1	15 sec.
	Move 2:	32 x 1	15 sec.
	Move 3:	32 x 1	15 sec.
	Move 4:	32 x 1	15 sec.
	Transition	32 x 1	15 sec.
	Repeat Moves 1-4	32 x 4	1 min
	Transition	32 x 1	15 sec.
	Move 5:	32 x 1	15 sec.
	Move 6:	32 x 1	15 sec.
	Move 7:	32 x 1	15 sec.
	Move 8:	32 x 1	15 sec.
	Transition	32 x 1	15 sec.
	Repeat Moves 5-8	32 x 4	1 min
Transition	32 x 1	15 sec.	

**STRENGTH NOW BLOCK CHOREOGRAPHY TEMPLATE (15 min 30 sec)**

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK # 2 <i>Pressure</i>	Set Up	32 x 2	30 sec.	00:30 "3, 2, 1, Go" to start move 1
	Move 1:	32 x 3	45 sec.	01:15 "3, 2, 1, Go" to start move 2
	Move 2:	32 x 3	45 sec.	02:00 "3, 2, 1, Work" to start move 3
	Move 3:	32 x 4	1 min.	02:30 "Don't Stop" at the halfway point 03:00 "3, 2, 1, Rest" to stop
	REST	32 x 2	30 sec.	03:30 "3, 2, 1, Power" to start move
	Power Move:	32 x 4	1 min.	04:00 "Don't Stop" at the halfway point 04:30 "3, 2, 1, Recover" to stop
	REST	32 x 4	60 sec.	05:30 "3, 2, 1, Go" to start move 4
TRACK #3 <i>Say My Name</i>	Move 4:	32 x 3	45 sec.	00:45 "3, 2, 1, Go" to start move 5
	Move 5:	32 x 3	45 sec.	01:30 "3, 2, 1, Work" to start move 6
	Move 6:	32 x 4	1 min.	02:00 "Don't Stop" at the halfway point 02:30 "3, 2, 1, Rest" to stop
	REST	32 x 2	30 sec.	03:00 "3, 2, 1, Power" to start move
	Power Move:	32 x 4	1 min.	03:30 "Don't Stop" at the halfway point 04:00 "3, 2, 1, Recover" to stop
	REST	32 x 4	60 sec.	05:00 "3, 2, 1, Go" to start move 7
TRACK #4 <i>Waist Time</i>	Move 7:	32 x 3	45 sec.	00:45 "3, 2, 1, Go" to start move 8
	Move 8:	32 x 3	45 sec.	01:30 "3, 2, 1, Work" to start move 9
	Move 9:	32 x 4	1 min.	02:00 "Don't Stop" at the halfway point 02:30 "3, 2, 1, Rest" to stop
	REST	32 x 2	30 sec.	03:00 "3, 2, 1, Power" to start move

	<b>Power Move:</b>	32 x 4	1 min.	03:30 "Don't Stop" at the halfway point 04:00 "3, 2, 1, Recover" to stop
	REST	32 x 4	60 sec.	

### HIIT NOW BLOCK CHOREOGRAPHY TEMPLATE (10 min 35 sec)

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
<b>TRACK 2</b> <i>Lose Yourself</i>	150	<b>Move 1</b>	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it" to start move 1 00:30 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		<b>Move 2</b>	32 x 2	30 sec.	00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		<b>Move 3</b>	32 x 2	30 sec.	01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		<b>Move 4</b>	32 x 2	30 sec.	02:15 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		<b>Move 5</b>	32 x 2	30 sec.	03:00 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Recover" to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		<b>Move 6</b>	32 x 2	30 sec.	03:45 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop
		REST	32 x 4	60 sec.	05:15 "3, 2, 1, Go" to start move 1
<b>TRACK 3</b> <i>Come &amp; Go</i>		<b>Repeat Moves 1-6</b>	32 x 21	5 min 15 sec	05:15 "3, 2, 1, Go" to start Block 2

### YOGA NOW BLOCK (13 min)

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
<b>TRACK #7</b> <i>Growing Pains</i>	Prep	32 x 1	30 sec.	
	<b>Move 1:</b>	32 x 1	30 sec.	
	<b>Move 2:</b>	32 x 1	30 sec.	
	<b>Move 3:</b>	32 x 1	30 sec.	
	<b>Repeat Moves 1-3</b>	32 x 3	1 min. 30 sec.	
	<b>Move 4:</b>	32 x 1	30 sec.	
	<b>Move 5:</b>	32 x 1	30 sec.	
	<b>Move 6:</b>	32 x 1	30 sec.	
	<b>Repeat Moves 4-6</b>	32 x 3	1 min. 30 sec.	
	<b>Move 9:</b>	32 x 1	30 sec.	
	<b>Move 10:</b>	32 x 1	30 sec.	
	<b>Move 11:</b>	32 x 1	30 sec.	
	<b>Repeat Moves 9-11</b>	32 x 3	1 min. 30 sec.	
	Transition to next Track	32 x 1	30 sec.	
<b>TRACK #8</b> <i>Never Worn White</i>	Prep:	32 x 1	30 sec.	
	Move 1:	32 x 2	1 min.	
	Move 2:	32 x 1	30 sec.	
	Move 3:	32 x 2	1 min.	
	Move 4:	32 x 1	30 sec.	
	Move 5:	32 x 2	1 min.	
	Move 6:	32 x 1	30 sec.	
	<b>Repeat Moves 1-6</b>	32 x 9	4 min 30 sec.	
	Transition to end of Track	32 x 1	30 sec.	