

# CARDIO NOW CHOREOGRAPHY TEMPLATE

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 WARM-UP	128	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.	
		Move 5:	32 x 1	15 sec.	
		Move 6:	32 x 1	15 sec.	
		Move 7:	32 x 1	15 sec.	
		Repeat Moves 1-7	32 x 7	1 min 45 sec.	
		REST	32 x 1	15 sec.	
TRACK 2 BLOCK 1	132	Move 1:	32 x 4	60 sec.	00:00 “3, 2, 1 Go” 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 BLOCK 1		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, Rest” to stop move
TRACKS 4 & 5		Repeat Moves 1-6 for Track 4 & 5	32 X 40	8 min.	**Track 5 last 30 sec “3 Beeps, Recover”
TRACK 6 BLOCK 2	138	Move 1:	32 x 4	60 sec.	00:00 “3, 2, 1 Go” to start move
		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
		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
		REST	32 x 4	30 sec.	04:00 “3 Beeps, Rest” to stop move
TRACK 7 BLOCK 2		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, Rest” to stop move
TRACKS 8 & 9		Repeat Moves 1-6 for Track 8 & 9	32 X 40	8 min.	**Track 9 last 30 sec “3 Beeps, Recover”

TRACK 10 BLOCK 3	144	Move 1:	32 x 4	60 sec.	00:00 “3, 2, 1 Go” to start move	
		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	
		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	
		REST	32 x 4	30 sec.	04:00 “3 Beeps, Rest” to stop move	
TRACK 11 BLOCK 3		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, Rest” to stop move	
TRACKS 12 & 13			Repeat Moves 1-6 for Track 12 & 13	32 X 40	8 min.	**Track 13 last 30 sec “3 Beeps, Recover”
TRACK 14 COOLDOWN		VARIES			4 min.	