

**CARDIO NOW BLOCK CHOREOGRAPHY TEMPLATE**

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK # BLOCK #	<b>Move 1:</b>	32 x 4	60 sec.	00:00 <b>"3, 2, 1 Go"</b> to start move 1
	REST	32 x 2	30 sec.	01:00 <b>"3 Beeps, Rest"</b>
	<b>Move 2:</b>	32 x 4	60 sec.	01:30 <b>"3 Beeps, Airhorn"</b> to start move 2
	REST	32 x 2	30 sec.	02:30 <b>"3 Beeps, Rest"</b>
	<b>Move 3:</b>	32 x 4	60 sec.	03:00 <b>"3 Beeps, Airhorn"</b> to start move 3
	REST	32 x 4	30 sec.	04:00 <b>"3 Beeps, Rest"</b> to stop move
TRACK # BLOCK #	<b>Move 4:</b>	32 x 4	60 sec.	00:00 <b>"3, 2, 1 Go"</b> to start move 4
	REST	32 x 2	30 sec.	01:00 <b>"3 Beeps, Rest"</b>
	<b>Move 5:</b>	32 x 4	60 sec.	01:30 <b>"3 Beeps, Airhorn"</b> to start move 5
	REST	32 x 2	30 sec.	02:30 <b>"3 Beeps, Rest"</b>
	<b>Move 6:</b>	32 x 4	60 sec.	03:00 <b>"3 Beeps, Airhorn"</b> to start move 6
	REST	32 x 4	30 sec.	04:00 <b>"3 Beeps, Rest"</b> to stop move
TRACK # BLOCK #	<b>Move 7:</b>	32 x 4	60 sec.	00:00 <b>"3, 2, 1 Go"</b> to start move 1
	REST	32 x 2	30 sec.	01:00 <b>"3 Beeps, Rest"</b>
	<b>Move 8:</b>	32 x 4	60 sec.	01:30 <b>"3 Beeps, Airhorn"</b> to start move 2
	REST	32 x 2	30 sec.	02:30 <b>"3 Beeps, Rest"</b>
	<b>Move 9:</b>	32 x 4	60 sec.	03:00 <b>"3 Beeps, Airhorn"</b> to start move 3
	REST	32 x 4	30 sec.	04:00 <b>"3 Beeps, Rest"</b> to stop move
TRACK # BLOCK #	<b>Move 10:</b>	32 x 4	60 sec.	00:00 <b>"3, 2, 1 Go"</b> to start move 4
	REST	32 x 2	30 sec.	01:00 <b>"3 Beeps, Rest"</b>
	<b>Move 11:</b>	32 x 4	60 sec.	01:30 <b>"3 Beeps, Airhorn"</b> to start move 5
	REST	32 x 2	30 sec.	02:30 <b>"3 Beeps, Rest"</b>
	<b>Move 12:</b>	32 x 4	60 sec.	03:00 <b>"3 Beeps, Airhorn"</b> to start move 6
	REST	32 x 4	30 sec.	04:00 <b>"3 Beeps, Recover"</b> to end the block