

CYCLE NOW CHOREOGRAPHY TEMPLATE APRIL 2021

SECTION	BPM	DESCRIPTION	TIME
TRACK 1 Warm Up <i>Gonna Fly Now</i> <i>"Theme From Rocky"</i>	128		4 min. 46 sec.
TRACK 2 Jump Intervals <i>Whopty</i>	132		4 min. 04 sec.
TRACK 3 Climb <i>Panda</i>	138		4 min. 24 sec.
TRACK 4 Recovery <i>All I Do Is Win</i>	135		4 min. 09 sec.
TRACK 5 Climb <i>HUMBLE.</i>	150		4 min. 24 sec.
TRACK 6 Jump Intervals <i>Stronger</i>	135		4 min. 23 sec.
TRACK 7 Sprint <i>The Champion</i>	170		4 min. 14 sec.
TRACK 8 Recovery <i>Sweet Child O' Mine</i>	126		4 min. 19 sec.
TRACK 9 Flat <i>Smells Like Teen Spirit</i>	132		3 min. 56 sec.
TRACK 10 Climb <i>Even Flow</i>	135		4 min. 33 sec.
TRACK 11 Climb <i>Can't Stop</i>	138		4 min. 00 sec.
TRACK 12 Sprint <i>Booyah</i>	145		4 min. 16 sec.
TRACK 13 Cool Down <i>We Are The Champions</i>	92		4 min. 10 sec.
TRACK 14 Stretch <i>With A Little Help from My Friends</i>	75		4 min. 23 sec.