

CYCLE NOW CHOREOGRAPHY TEMPLATE APRIL 2022

SECTION	BPM	DESCRIPTION	TIME
TRACK 1 Warm Up <i>Young, Wild, & Free</i>	128		4 min. 47 sec.
TRACK 2 Climb <i>Wild Things</i>	130		3 min. 34 sec.
TRACK 3 Sprint <i>Born To Be Wild</i>	151		4 min. 50 sec.
TRACK 4 Recovery <i>Welcome To The Jungle</i>	128		4 min. 11 sec.
TRACK 5 Flats <i>Jungle Love</i>	145		4 min. 09 sec.
TRACK 6 Intervals <i>Wild Thoughts</i>	128		4 min. 07 sec.
TRACK 7 Sprint <i>Welcome To The Jungle</i>	126		4 min. 26 sec.
TRACK 8 Mountains <i>No Church In The Wild</i>	93		4 min. 08 sec.
TRACK 9 Climb <i>Wild Thing</i>	128		4 min. 18 sec.
TRACK 10 Intervals <i>Wildchild</i>	130		4 min. 12 sec.
TRACK 11 Climb <i>Jungle</i>	78		4 min. 15 sec.
TRACK 12 Sprint <i>Wild Wild Love</i>	144		4 min. 17 sec.
TRACK 13 Recovery <i>Wild Ones</i>	128		4 min. 47 sec.
TRACK 14 Stretch <i>Wild World</i>	84		3 min. 22 sec.