

CYCLE NOW CHOREOGRAPHY TEMPLATE JAN 2021

SECTION	BPM	DESCRIPTION	TIME
TRACK 1 Warm Up <i>Numb Encore</i>	128		4 min. 45 sec.
TRACK 2 Jump Intervals <i>2 My House</i>	132		3 min. 52 sec.
TRACK 3 Climb <i>I Love Rock 'N Roll</i>	138		4 min. 05 sec.
TRACK 4 Recovery <i>Backyard Boy</i>	135		4 min. 15 sec.
TRACK 5 Climb <i>Positions</i>	148		4 min. 32 sec.
TRACK 6 Jump Intervals <i>Past Life</i>	135		4 min. 23 sec.
TRACK 7 Sprint <i>Half Light</i>	175		3 min. 50 sec.
TRACK 8 Recovery <i>Wicked Games</i>	125		4 min. 38 sec.
TRACK 9 Flat <i>Teeth</i>	140		4 min. 12 sec.
TRACK 10 Climb <i>Radioactive</i>	134		4 min. 32 sec.
TRACK 11 Climb <i>Ready</i>	138		3 min. 49 sec.
TRACK 12 Sprint <i>Giants</i>	155		4 min. 35 sec.
TRACK 13 Cooldown <i>Courage To Change</i>	85		3 min. 43 sec.
TRACK 14 Stretch <i>Better Than We Found It</i>	57		4 min. 17 sec.