

CYCLE NOW CHOREOGRAPHY TEMPLATE JUNE 2023

SECTION	BPM	DESCRIPTION	DURATION
TRACK 1 Warm Up <i>Thunderstruck</i>	128		4 min. 48 sec.
TRACK 2 Jog <i>All Star</i>	128		3 min. 14 sec.
TRACK 3 Climb <i>Man In The Box</i>	130		4 min. 11 sec.
TRACK 4 Mixed Terrain <i>Fly Away</i>	80		4 min. 18 sec.
TRACK 5 Rolling Hills <i>Zombie</i>	128		5 min. 00 sec.
TRACK 6 Flats <i>Bitter Sweet</i> <i>Symphony</i>	128		3 min. 52 sec.
TRACK 7 Intervals <i>Give It Away</i>	124		4 min. 30 sec.
TRACK 8 Mixed Terrain <i>Smells Like Teen</i> <i>Spirit</i>	117		4 min. 11 sec.
TRACK 9 Intervals <i>Losing My Religion</i>	128		4 min. 03 sec.
TRACK 10 Flats <i>Two Princes</i>	123		4 min. 30 sec.
TRACK 11 Intervals <i>Enter Sandman</i>	124		4 min. 13 sec.
TRACK 12 Mountains <i>Walk</i>	117		3 min. 54 sec.
TRACK 13 Recovery <i>Good Riddance (Time</i> <i>of Your Life)</i>	95		4 min. 17 sec.
TRACK 14 Stretch <i>Scar Tissue</i>	90		4 min. 13 sec.