

CYCLE NOW CHOREOGRAPHY TEMPLATE NOVEMBER 2022

SECTION	BPM	DESCRIPTION	TIME
TRACK 1 Warm Up <i>Seven Nation Army</i>	128		4 min. 45 sec.
TRACK 2 Climb <i>Heroes (we could be)</i>	130		3 min. 50 sec.
TRACK 3 Hills <i>Rise Up</i>	160		4 min. 00 sec.
TRACK 4 Intervals <i>Fighter</i>	128		4 min. 25 sec.
TRACK 5 All Terrain <i>Fight for your Right</i>	134		3 min. 16 sec.
TRACK 6 Climb <i>Champion</i>	188		3 min. 07 sec.
TRACK 7 Intervals <i>My Hero</i>	154		4 min. 01 sec.
TRACK 8 Flats <i>American Oxygen</i>	80		5 min. 12 sec.
TRACK 9 Intervals <i>Party In The U.S.A.</i>	130		3 min. 41 sec.
TRACK 10 Recovery <i>The Man</i>	106		4 min. 06 sec.
TRACK 11 Breakaway <i>Run Boy Run</i>	134		3 min. 29 sec.
TRACK 12 Mountains <i>Welcome to the War</i>	128		5 min. 12 sec.
TRACK 13 Cool Down <i>Made In The USA</i>	88		3 min. 13 sec.
TRACK 14 Stretch <i>Hero</i>	60		4 min. 13 sec.