## HIIT NOW CHOREOGRAPHY TEMPLATE DECEMBER 2021

TRACK 1 VARMUUP Cold Heart  Move 3:  32 x 2 30 sec.  Move 6:  32 x 2 30 sec.  Move 6:  32 x 2 30 sec.  Move 6:  32 x 2 30 sec.  Move 1 32 x 2 30 sec.  Move 6:  32 x 2 30 sec.  Move 1 32 x 2 30 sec.  Move 2 32 x 2 30 sec.  Move 3 32 x 2 30 sec.  Move 4 32 x 2 30 sec.  Move 5 32 x 2 30 sec.  Move 6 32 x 2 30 sec.  Move 6 32 x 2 30 sec.  Move 7 30 sec.  Move 8 30 sec.  Move 9 30 sec.  Move 1 3	SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
Move 2:   32 x 2   30 sec.	JECTION .					
TRACK 1 WORN UP Cold Heart  Move 4:  32 x 2 30 sec.  Move 6:  32 x 2 30 sec.  Move 1 32 x 2 30 sec.  Move 1 32 x 2 30 sec.  Move 1 32 x 2 30 sec.  Move 2 32 x 2 30 sec.  Move 2 32 x 2 30 sec.  Move 3 32 x 2 30 sec.  Move 3 32 x 2 30 sec.  Move 1 32 x 2 30 sec.  Move 2 32 x 2 30 sec.  Move 3 32 x 2 30 sec.  Move 4 32 x 2 30 sec.  Move 5 32 x 2 30 sec.  Move 6 32 x 2 30 sec.  Move 6 32 x 2 30 sec.  Move 1 32 x 1 15 sec.  Move 1 32 x 1 15 sec.  Move 3 32 x 2 30 sec.  Move 4 32 x 2 30 sec.  Move 5 32 x 2 30 sec.  Move 6 32 x 2 30 sec.  Move 6 32 x 2 30 sec.  Move 7 30 sec.  Move 8 32 x 2 30 sec.  Move 9 32 x 2 30 sec.  Move 1 32 x 1 15 sec.  Move 1 32 x 1 15 sec.  Move 1 32 x 1 15 sec.  Move 1 32 x 2 30 sec.  Move 1 32 x 1 15 sec.  Move 3 32 x 2 30 sec.  Move 6 32 x 2 30 sec.  Move 1 32 x 2 30 sec.  Move 2 32 x 2 30 sec.  Move 3 32 x 2 30 sec.  Move 1 32 x 2 30 sec	WARM UP					7
### Move 4: 32 x 2 30 sec.    Move 6: 32 x 2 30 sec.		128	Move 2:	32 x 2	30 sec.	-
Move 4:   32 x 2   30 sec.			Move 3:	32 x 2	30 sec.	
Move 6:   32 x 2   30 sec.			Move 4:	32 x 2	30 sec.	
## TRACK 2 ## TRACK 3 ## TRACK 3 ## TRACK 4 ## Frazer    Frack 4   Frazer			Move 5:	32 x 2	30 sec.	
TRACK 2  ### Provent  TRACK 3  Cold Water  TRACK 4  Frozen  ### Frozen    Move 1			Move 6:	32 x 2	30 sec.	
TRACK 2  Break The Ice  TRACK 2  Break The Ice  TRACK 3  TRACK 4  Frozen  TRACK 4  Frozen  TRACK 4  Frozen  INST  INDIVIDUAL STACK 1 (1982)  INST  INS			REST	32 x 2	30 sec.	
TRACK 2  Break Tibe Ice  TRACK 2  Break Tibe Ice  TRACK 2  Break Tibe Ice  TRACK 3  TRACK 4  Frozen  IMove 2  32 x 2  30 sec.  32 x 1  30 sec.  32 x 2  30 sec.  32 x 3  30 sec.			Move 1	32 x 2	30 sec.	
TRACK 2 Break The Ice    TRACK 2 Break The Ice   TRACK 3   TRACK 3   TRACK 3   TRACK 3   TRACK 4   Frozen   TRACK 3   TRACK 4   Frozen   TRACK 4   Frozen   TRACK 4   Frozen   TRACK 4   Frozen   TRACK 3   TRACK 3   TRACK 4   Frozen   TRACK 4   Frozen   TRACK 4   Frozen   TRACK 3   TRACK 3   TRACK 3   TRACK 4   Frozen   TRACK 4   Frozen   TRACK 3   TRACK 3   TRACK 3   TRACK 4   Frozen   TRACK 3   TRACK 3   TRACK 3   TRACK 4   Frozen   TRACK 3   TRACK 4   Frozen   TRACK 3   TRACK 3   TRACK 4   Frozen   TRACK 3   TRACK 3   TRACK 4   Frozen   TRACK 3   TRACK 3   TRACK 4   Frozen			REST	32 x 1	15 sec.	
TRACK 2 Break The Ice    Move 3						01:15 " <b>3, 2, 1, Rest</b> " to stop
TRACK 2 Break The Ice    Move 4						
Move 4   32 x 2   30 sec.   02:15 "3, 2, 1, Rest" to stop	<b>TD 4 01/ 0</b>					02:00 " <b>3, 2, 1, Rest</b> " to stop
REST   32 x 1   15 sec.   0.245-0.3 0.0 Stripped down beat						
Move 5   32 x 2   30 sec.   03:00 "3, 2, 1, Go" to start move 5   03:30 "3, 2, 1, Recover" to stop	break The Ice					02:45 " <b>3, 2, 1, Rest</b> " to stop
TRACK 3   Cold Water		 				
Move 6   32 x 2   30 sec.   03:45 "3, 2, 1, Go" to start move 6   04:15 "3, 2, 1, Recover" to stop						03:30 <b>"3, 2, 1</b> , <b>Recover</b> " to stop
TRACK 3   Cold Water   Move 1   32 x 4   60 sec.   00:00 "3, 2, 1, Hit it" to start move 1   00:30 "3, 2, 1, Rest" to stop						
Move 1  32 x 2  30 sec.  0:00 "3, 2, 1, Hit it" to start move 1 0:30 "3, 2, 1, Rest" to stop  REST  Move 2  32 x 2  30 sec.  0:045 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop  REST  Move 3  32 x 1  15 sec.  00:30 "3, 2, 1, Rest" to stop  REST  32 x 1  Move 3  32 x 2  30 sec.  01:15 "3, 2, 1, Rest" to stop  REST  32 x 1  Move 4  32 x 2  30 sec.  02:00 "0, 2, 1, Rest" to stop  REST  32 x 1  Move 4  32 x 2  30 sec.  02:15 "3, 2, 1, Rest" to stop  REST  32 x 1  Move 5  32 x 2  30 sec.  02:15 "3, 2, 1, Rest" to stop  REST  32 x 1  Move 5  32 x 2  30 sec.  02:45 "3, 2, 1, Rest" to stop  REST  32 x 1  Move 6  32 x 2  30 sec.  02:45 "3, 2, 1, Rest" to stop  REST  32 x 1  Move 6  32 x 2  30 sec.  03:30 "3, 2, 1, Recover" to stop  RECOVER  Move 1  32 x 2  30 sec.  03:30 "3, 2, 1, Recover" to stop  RECOVER  32 x 4  60 sec.  Move 1  32 x 2  30 sec.  00:00 "3, 2, 1, Hit it" to start move 1 00:30 "3, 2, 1, Rest" to stop  REST  32 x 1  15 sec.  00:00 "3, 2, 1, Hit it" to start move 1 00:30 "3, 2, 1, Rest" to stop  REST  32 x 1  32 x 2  30 sec.  00:00 "3, 2, 1, Hit it" to start move 1 00:30 "3, 2, 1, Rest" to stop  REST  32 x 1  Move 2  32 x 2  30 sec.  00:00 "3, 2, 1, Hit it" to start move 1 00:30 "3, 2, 1, Rest" to stop  REST  32 x 1  Move 2  32 x 2  30 sec.  00:30 "3, 2, 1, Rest" to stop  REST  32 x 1  Move 2  32 x 2  30 sec.  00:30 "3, 2, 1, Rest" to stop  REST  32 x 1  Move 3  32 x 2  30 sec.  00:30 "3, 2, 1, Rest" to stop  REST  32 x 1  Move 3  32 x 2  30 sec.  00:30 "3, 2, 1, Rest" to storp  REST  32 x 1  Move 3  32 x 2  30 sec.  00:30 "3, 2, 1, Rest" to storp  REST  32 x 1  Move 3  32 x 2  30 sec.  00:30 "3, 2, 1, Rest" to storp  REST  32 x 1  Move 3  32 x 2  30 sec.  00:30 "3, 2, 1, Rest" to storp  00:30 "3, 2, 1, Rest"			I WIOVE O	32 X Z	30 Sec.	
Move 1   32 x 2   30 sec.   00:00 "3, 2, 1, Hit it" to start move 1		144	RECOVER	32 x 4	60 sec.	
Move 2   32 x 2   30 sec.   00:45 "3, 2, 1, Go" to start move 2   01:15 "3, 2, 1, Rest" to stop			Move 1	32 x 2		00:30 " <b>3, 2, 1, Rest</b> " to stop
TRACK 3 Cold Water    Move 2			REST	32 x 1	15 sec.	
TRACK 3   REST   32 x 1   15 sec.   02:00 "3, 2, 1, Rest" to stop						01:15 " <b>3, 2, 1, Rest</b> " to stop
TRACK 3 Cold Water  Move 4  REST  Move 4  32 x 2  30 sec.  02:00 "3, 2, 1, Rest" to stop  REST  Move 4  32 x 2  30 sec.  02:15 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop  REST  Move 5  32 x 1  15 sec.  02:45-03:00 Stripped down beat  03:30 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Go" to start move 6 03:30 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop  RECOVER  REST  32 x 1  32 x 2  30 sec.  03:45 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop  RECOVER  32 x 2  30 sec.  00:00 "3, 2, 1, Hit it" to start move 1 00:30 "3, 2, 1, Rest" to stop  REST  32 x 1  15 sec.  00:00 "3, 2, 1, Hit it" to start move 1 00:30 "3, 2, 1, Rest" to stop  REST  32 x 1  32 x 2  30 sec.  00:00 "3, 2, 1, Hit it" to start move 1 00:30 "3, 2, 1, Rest" to stop  REST  32 x 2  30 sec.  00:30 "3, 2, 1, Rest" to stop  REST  32 x 1  15 sec.  00:30 "3, 2, 1, Rest" to stop  00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop  REST  Move 2  32 x 2  30 sec.  01:30 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop  01:30 "3, 2, 1, Rest" to stop			REST	32 x 1	15 sec.	
Cold Water           REST         32 x 2         30 sec.         02:15 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop           Move 5         32 x 2         30 sec.         03:00 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Recover" to stop           REST         32 x 1         15 sec.         03:30 "3, 2, 1, Recover" to stop           Move 6         32 x 2         30 sec.         03:30 -03:45 Stripped down beat 04:15 "3, 2, 1, Recover" to stop           RECOVER         32 x 4         60 sec.           Move 1         32 x 2         30 sec.         00:00 "3, 2, 1, Hit it" to start move 1 00:30 "3, 2, 1, Rest" to stop           REST         32 x 1         15 sec.         00:30 -00:45 Stripped down beat           Move 2         32 x 2         30 sec.         00:45 "3, 2, 1, Rest" to stop           REST         32 x 1         15 sec.         00:45 "3, 2, 1, Rest" to stop           REST         32 x 1         15 sec.         01:15 -01:30 Stripped down beat           Move 3         32 x 2         30 sec.         01:15 -01:30 Stripped down beat	TD A CIV 2					02:00 " <b>3, 2, 1, Rest</b> " to stop
Move 4   32 x 2   30 sec.   02:45 "3, 2, 1, Rest" to stop			REST	32 X I	15 sec.	
Move 5   32 x 2   30 sec.   03:00 "3, 2, 1, Go" to start move 5   03:30 "3, 2, 1, Recover" to stop	cola Water					02:45 " <b>3, 2, 1, Rest</b> " to stop
Move 5   32 x 2   30 sec.   03:30 "3, 2, 1, Recover" to stop						
Move 6       32 x 2       30 sec.       03:45 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop         TRACK 4 Frozen       Move 1       32 x 2       30 sec.       00:00 "3, 2, 1, Hit it" to start move 1 00:30 "3, 2, 1, Rest" to stop         REST       32 x 1       15 sec.       00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop         REST       32 x 1       15 sec.       01:15 "3, 2, 1, Rest" to stop         Move 3       32 x 2       30 sec.       01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop						03:30 <b>"3, 2, 1</b> , <b>Recover</b> " to stop
Move 6   32 x 2   30 sec.   04:15 "3, 2, 1, Recover" to stop			REST	32 x 1	15 sec.	
TRACK 4         REST         32 x 2         30 sec.         00:00 "3, 2, 1, Hit it" to start move 1 00:30 "3, 2, 1, Rest" to stop           Move 2         32 x 1         15 sec.         00:30 - 00:45 Stripped down beat           REST         32 x 2         30 sec.         00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop           REST         32 x 1         15 sec.         01:15 - 01:30 Stripped down beat           Move 3         32 x 2         30 sec.         01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop						
TRACK 4       Frozen       32 x 1       15 sec.       00:30 - 00:45 Stripped down beat         Move 2       32 x 2       30 sec.       00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop         REST       32 x 1       15 sec.       01:15 - 01:30 Stripped down beat         Move 3       32 x 2       30 sec.       01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop		144				
TRACK 4         Move 2         32 x 2         30 sec.         00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop           REST         32 x 1         15 sec.         01:15 - 01:30 Stripped down beat           Move 3         32 x 2         30 sec.         01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop			REST	_ 32 x 1_	15 sec.	·
REST 32 x 1 15 sec. 01:15 – 01:30 Stripped down beat  Move 3 30 sec. 01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop						00:45 " <b>3, 2, 1, Go</b> " to start move 2
32 x 2 30 sec. 02:00 " <b>3, 2, 1, Rest</b> " to stop			REST	32 x 1	15 sec.	
REST 32 x 1 15 sec. 02:00 – 02:15 Stripped down beat				32 x 2		01:30 " <b>3, 2, 1, Go</b> " to start move 3
			REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat

		Move 4	32 x 2	30 sec.	02:15 " <b>3, 2, 1, Go</b> " to start move 4 02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go"</b> to start move 5 03:30 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 4	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 <b>"3, 2, 1, Go"</b> to start move 6 04:15 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
	j	REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 <b>"3, 2, 1, Go"</b> to start move 2 01:15 <b>"3, 2, 1, Rest"</b> to stop
	ļ	REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 <b>"3, 2, 1, Go"</b> to start move 3 02:00 <b>"3, 2, 1, Rest"</b> to stop
TRACK 5		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Cold		Move 4	32 x 2	30 sec.	02:15 " <b>3, 2, 1, Go</b> " to start move 4 02:45 " <b>3, 2, 1, Rest</b> " to stop
	ļ	REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go"</b> to start move 5 03:30 <b>"3, 2, 1</b> , <b>Recover"</b> to stop
		REST	32 x 4	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 <b>"3, 2, 1, Go"</b> to start move 6 04:15 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 4	60 sec.	
	150	Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 <b>"3, 2, 1, Go"</b> to start move 2 01:15 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
TRACK 6		Move 3	32 x 2	30 sec.	01:30 <b>"3, 2, 1, Go"</b> to start move 3 02:00 <b>"3, 2, 1, Rest"</b> to stop
Snow (Hey		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Oh)		Move 4	32 x 2	30 sec.	02:15 " <b>3, 2, 1, Go</b> " to start move 4 02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go</b> " to start move 5 03:30 <b>"3, 2, 1, Recover</b> " to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 <b>"3, 2, 1, Go"</b> to start move 6 04:15 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 4	60 sec.	00:00 #2 2 1 Hit it to start may 1
		Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 " <b>3, 2, 1, Go</b> " to start move 2 01:15 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
TRACK 7		Move 3	32 x 2	30 sec.	01:30 <b>"3, 2, 1, Go"</b> to start move 3 02:00 <b>"3, 2, 1, Rest"</b> to stop
Ice Ice Baby		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat 02:15 " <b>3, 2, 1, Go</b> " to start move 4
		Move 4	32 x 2	30 sec.	02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat 03:00 <b>"3, 2, 1, Go"</b> to start move 5
		Move 5	32 x 2	30 sec.	03:30 <b>"3, 2, 1</b> , <b>Recover</b> " to stop
		REST Move 6	32 x 1 32 x 2	15 sec.	03:30-03:45 Stripped down beat 03:45 " <b>3, 2, 1, Go</b> " to start move 6
		IVIUVE 0	 32 X Z	30 sec.	03.43 <b>3, 2, 1, 00</b> to Start move 6

					04:15 <b>"3, 2, 1</b> , <b>Recover</b> " to stop
		REST	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 " <b>3, 2, 1, Go</b> " to start move 2 01:15 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 " <b>3, 2, 1, Go</b> " to start move 3 02:00 " <b>3, 2, 1, Rest</b> " to stop
TRACK 8		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Cold In LA		Move 4	32 x 2	30 sec.	02:15 " <b>3, 2, 1, Go</b> " to start move 4 02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 " <b>3, 2, 1, Go</b> " to start move 5 03:30 <b>"3, 2, 1, Recover</b> " to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 <b>"3, 2, 1, Go"</b> to start move 6 04:15 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 4	60 sec.	
	150	Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 <b>"3, 2, 1, Go"</b> to start move 2 01:15 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 <b>"3, 2, 1, Go"</b> to start move 3 02:00 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
TRACK 9 Shivers		Move 4	32 x 2	30 sec.	02:15 <b>"3, 2, 1, Go"</b> to start move 4 02:45 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go"</b> to start move 5 03:30 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 <b>"3, 2, 1, Go"</b> to start move 6 04:15 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
	150	Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 <b>"3, 2, 1, Go"</b> to start move 2 01:15 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
TRACK 10 Cold Hearted		Move 3	32 x 2	30 sec.	01:30 <b>"3, 2, 1, Go"</b> to start move 3 02:00 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 " <b>3, 2, 1, Go</b> " to start move 4 02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go</b> " to start move 5 03:30 <b>"3, 2, 1, Recover</b> " to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 " <b>3, 2, 1, Go</b> " to start move 6 04:15 " <b>3, 2, 1, Recover</b> " to stop
TD 4 014 6 4		REST	32 x 4	60 sec.	00.00 (2.2.4.111111111111111111111111111111111
TRACK 11 Cold As Ice	160	Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop

		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 <b>"3, 2, 1, Go"</b> to start move 2 01:15 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 <b>"3, 2, 1, Go"</b> to start move 3 02:00 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 <b>"3, 2, 1, Go"</b> to start move 4 02:45 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go"</b> to start move 5 03:30 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 <b>"3, 2, 1, Go"</b> to start move 6 04:15 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 4	60 sec.	
TRACK 12 COOL DOWN Ice Cream	80				