HIIT NOW CHOREOGRAPHY TEMPLATE

SECTION	BPM	PHY TEMPLATE DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 WARM-UP	128	Prep	32 x 1	15 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.	
		REST	32 x 2	30 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, 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
	144	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 2		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
BLOCK 1		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	32 x 1	15 sec.	02:45-03:00 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
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		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
		REST	32 x 4	60 sec.	05:15 " 3, 2, 1, Go " to start move 1
TRACK 3		Repeat Moves 1-6	32 x 21	5 min 15 sec	05:15 " 3, 2, 1, Go " to start Block 2
TRACK 4 BLOCK 2	144	Move 1	32 x 2	30 sec.	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, 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.	02:00 – 02:15 Stripped down beat
		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	32 x 1	15 sec.	02:45-03:00 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
		REST	32 x 4	15 sec.	03:30-03:45 Stripped down beat
		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
		REST	32 x 4	60 sec.	05:15 " 3, 2, 1, Go " to start move 1
TRACK 5		Repeat Moves 1-6	32 x 21	5 min 15 sec	05:15 " 3, 2, 1, Go " to start Block 3
TRACK 6 BLOCK 3	150	Move 1	32 x 2	30 sec.	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, Go " to start move 2 01:15 " 3, 2, 1, Rest " to stop
					00:45 " 3, 2, 1, Go " to star

Move 3 32 x 2 30 sec. 01:30 73, 21, 66° to start move 3 HST 32 x 2 30 sec. 01:30 73, 21, 16° to start move 4 HST 32 x 2 30 sec. 02:00 73, 21, 16° to start move 4 HST 32 x 2 30 sec. 02:00 73, 21, 16° to start move 4 HST 32 x 1 30 sec. 02:15 73, 21, 16° to start move 6 HST 32 x 1 30 sec. 03:00 73, 21, 16° to start move 6 HST 32 x 1 15 sec. 03:00 73, 21, 16° to start move 6 HST 32 x 2 30 sec. 03:00 73, 21, 16° to start move 6 HST 72 x 1 15 sec. 03:00 73, 21, 16° to start move 6 1651 72 x 1 15 sec. 03:00 73, 21, 16° to start move 6 1651 72 x 1 15 sec. 00:30 73, 21, 16° to start move 2 1651 72 x 1 15 sec. 00:30 73, 21, 16° to start move 2 1651 72 x 1 15 sec. 00:30 73, 21, 16° to start move 2 1651 72 x 1 15 sec. 00:30 73, 21, 16° to start move 2 1651 72 x 1 30 sec. </th <th></th> <th></th> <th>_</th> <th></th> <th></th> <th></th>			_			
Image: Provide and the state of th			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 10 54.7.2 50.305, 1, 1, Rest" to stop FEST 32.8.1 15.9.32 0.245.973, 0, 1, Rest" to stop Move 5 32.8.1 0.245.973, 0, 1, Rest" to stop HS1 32.9.1 15.9.2 0.300 "3, 2, 1, 60" to start move 5 HS1 32.9.1 15.9.2 0.300 "3, 2, 1, 60" to start move 5 HS1 32.9.1 0.9.25 0.9.30 "3, 2, 1, 60" to start move 5 HS1 32.9.1 0.9.30 Sec. 0.9.30 "3, 2, 1, 60" to start move 5 HS1 32.9.1 0.9.90 Sec. 0.9.30 "3, 2, 1, 60" to start move 5 HS1 32.9.2 30 Sec. 0.9.30 "3, 2, 1, 60" to start move 5 HS1 52.9.2 30 Sec. 0.9.30 "3, 2, 1, Rest" to stop HS1 15.9.2 0.9.30 Sec. 0.9.30 "3, 2, 1, Rest" to stop HS1 15.9.2 0.9.30 Sec. 0.9.30 "3, 2, 1, Rest" to stop HS1 15.9.2 0.9.30 Sec. 0.9.30 "3, 2, 1, Rest" to stop HS1 15.9.2 0.9.20 Sec. 0.9.30 "3, 2, 1, Rest" to stop HS1 15.9.2 0.9.20 Sec. 0.9.30 "3, 2, 1, Res			REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Rove 5 32 x 2 30 sec. 03:00 "3, 2, 1, 60" to start move 5 03:00 "3, 2, 1, Recover" to stop Move 6 32 x 2 30 sec. 03:04 33, 2, 1, Recover" to stop Move 6 32 x 2 30 sec. 03:04 33, 2, 1, Recover" to stop Rest 32 x 2 30 sec. 03:45 "3, 2, 1, Go" to start move 1 Rest 32 x 2 30 sec. 03:45 "3, 2, 1, Go" to start move 1 Repet Moves 1-6 32 x 18 Smm 10:56 03:15 "3, 2, 1, Go" to start move 1 Repet Moves 1-6 32 x 18 Smm 10:56 03:15 "3, 2, 1, Go" to start move 1 Move 1 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop Move 2 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop BSI Move 3 32 x 2 30 sec. 00:10 "15 "3, 2, 1, Go" to start move 2 Move 4 32 x 2 30 sec. 00:10 "15 "3, 2, 1, Rest" to stop 02:00 "3, 2, 1, Rest" to stop Move 4 32 x 2 30 sec. 01:30 "3, 2, 1, Rest" to stop 02:00 "3, 2, 1, Rest" to stop REST 52 x 4 15 sec. 02:00 "3, 3, 2, 1, Rest" to stop <			Move 4	32 x 2	30 sec.	
Image: Part of the state index			REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
Image: state in the s			Move 5	32 x 2	30 sec.	
Image: Problem in the stand state in the			REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
TRACK 7 Repeat Moves 1-6 32 x 18 5 min 15 sec 0515 * 3, 2, 1, GOT to start Block 4 Move 1 32 x 2 30 sec. 00:30 * 3, 2, 1, Rest* to stop REST 22 x 1 15 sec. 00:30 * 3, 2, 1, Rest* to stop Move 2 32 x 2 30 sec. 00:30 * 3, 2, 1, GoT to start move 2 Move 3 32 x 2 30 sec. 00:15 * 3, 2, 1, GoT to start move 2 Move 3 32 x 2 30 sec. 00:15 * 3, 2, 1, GoT to start move 2 Move 4 32 x 2 30 sec. 00:15 * 3, 2, 1, GoT to start move 2 Nove 4 32 x 2 30 sec. 00:15 * 3, 2, 1, GoT to start move 5 Nove 4 32 x 2 30 sec. 00:30 * 3, 2, 1, GoT to start move 5 Nove 5 32 x 2 30 sec. 00:30 * 3, 2, 1, GoT to start move 5 Nove 6 32 x 2 30 sec. 00:30 * 3, 2, 1, GoT to start move 5 Nove 6 32 x 2 30 sec. 00:30 * 3, 2, 1, GoT to start move 6 REST 32 x 1 15 sec. 00:30 * 3, 2, 1, Rest* to stop REST 32 x 1 15 sec. 00:30 * 3, 2, 1, GoT to start move			Move 6	32 x 2	30 sec.	
TRACK 9 Move 1 32 × 2 30 sec. 00:30 * 3, 2, 1, Rest* to stop REST 32 × 2 30 sec. 00:45 * 3, 2, 1, Go* to start move 2 01:15 * 3, 2, 1, Rest* to stop REACK 8 Move 2 32 × 2 30 sec. 01:30 * 3, 2, 1, Go* to start move 2 01:15 * 3, 2, 1, Rest* to stop REST 32 × 1 15 sec. 01:30 * 3, 2, 1, Go* to start move 3 02:00 * 3, 2, 1, Rest* to stop REST 32 × 1 15 sec. 02:00 * 3, 2, 1, Rest* to stop REST 32 × 1 15 sec. 02:00 * 3, 2, 1, Rest* to stop REST 32 × 2 30 sec. 02:15 * 3, 2, 1, Rest* to stop REST 32 × 2 30 sec. 02:15 * 3, 2, 1, Rest* to stop REST 32 × 2 30 sec. 03:30 * 3, 2, 1, Go* to start move 5 03:30 * 3, 2, 1, Rest* to stop REST 32 × 1 15 sec. 03:30 * 3, 2, 1, Rest* to stop REST 32 × 1 15 sec. 03:30 * 3, 2, 1, Rest* to stop REST 32 × 1 15 sec. 03:30 * 3, 2, 1, Rest* to stop REST 32 × 1 15 sec. 03:15 * 3, 2, 1, Go* to start move 6 04:15 * 3, 2, 1, Rest* to stop			REST	32 x 4	60 sec.	
TRACK 9 Move 1 32 × 2 30 sec. 00:30 * 3, 2, 1, Rest* to stop REST 32 × 2 30 sec. 00:45 * 3, 2, 1, Go* to start move 2 01:15 * 3, 2, 1, Rest* to stop REACK 8 Move 2 32 × 2 30 sec. 01:30 * 3, 2, 1, Go* to start move 2 01:15 * 3, 2, 1, Rest* to stop REST 32 × 1 15 sec. 01:30 * 3, 2, 1, Go* to start move 3 02:00 * 3, 2, 1, Rest* to stop REST 32 × 1 15 sec. 02:00 * 3, 2, 1, Rest* to stop REST 32 × 1 15 sec. 02:00 * 3, 2, 1, Rest* to stop REST 32 × 2 30 sec. 02:15 * 3, 2, 1, Rest* to stop REST 32 × 2 30 sec. 02:15 * 3, 2, 1, Rest* to stop REST 32 × 2 30 sec. 03:30 * 3, 2, 1, Go* to start move 5 03:30 * 3, 2, 1, Rest* to stop REST 32 × 1 15 sec. 03:30 * 3, 2, 1, Rest* to stop REST 32 × 1 15 sec. 03:30 * 3, 2, 1, Rest* to stop REST 32 × 1 15 sec. 03:30 * 3, 2, 1, Rest* to stop REST 32 × 1 15 sec. 03:15 * 3, 2, 1, Go* to start move 6 04:15 * 3, 2, 1, Rest* to stop	TRACK 7		Repeat Moves 1-6	32 x 18	5 min 15 sec	05:15 " 3, 2, 1, Go " to start Block 4
TRACK 8 Move 2 32 x 2 30 sec. 00:45 "3, 2, 1, 60" to start move 2 01:15 "3, 2, 1, Rest" to stop TRACK 8 REST 32 x 1 15 sec. 01:30 "3, 2, 1, 60" to start move 3 02:00 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 01:30 "3, 2, 1, 60" to start move 3 02:00 "3, 2, 1, Rest" to stop REST 32 x 2 30 sec. 02:15 "3, 2, 1, 60" to start move 4 02:45 "3, 2, 1, 60" to start move 5 03:30 "3, 2, 1, 80" to start move 5 03:30 "3, 2, 1, 60" to start move 5 03:30 "3, 2, 1, 60" to start move 1 Move 6 REST 32 x 1 15 sec. 03:45 "3, 2, 1, 60" to start move 1 Move 6 REST 32 x 1 15 sec. 03:30 "3, 2, 1, 60" to start move 6 04:15 "3, 2, 1, 60" to start move 1 Move 6 REST 32 x 1 5 min 15 sec 05:15 "3, 2, 1, 60" to start move 1 Move 2 03 sec. REST 32 x 1 30 sec. 00:30 "3, 2, 1, Rest" to stop 15 sec. REST 32 x 1 15 sec. 00:30 "3, 2, 1, Rest" to stop 15 sec. REST 32 x 1 30 sec. 00:30 "3, 2, 1, Rest" to stop 15 sec. <td></td> <td></td> <td>Move 1</td> <td>32 x 2</td> <td>30 sec.</td> <td></td>			Move 1	32 x 2	30 sec.	
TRACK 10 BLOCK 4 Image: marked bit is and set in the image is a set in			REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
TRACK 8 BLOCK 4 150 REST 32 x 2 30 sec. 01:30 "3, 2, 1, 60" to start move 3 02:00 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 02:00 - 02:15 Stripped down beat Move 4 32 x 2 30 sec. 02:15 "3, 2, 1, 60" to start move 4 02:45 "3, 2, 1, 60" to start move 6 03:30 "3, 2, 1, 40" to start move 6 04:15 "3, 2, 1, 60" to start move 1 04:15 "3, 2, 1, 60" to start move 2 04:15 "3, 2, 1, 60" to start move 4 04:15 "3, 2, 1, 60" to start move 6 04:15 "3, 2, 1, 60" to start move 6 04:15 "3, 2, 1, 60" to start move 6 04:15 "3, 2, 1, 60			Move 2	32 x 2	30 sec.	
TRACK 8 BLOCK 415 Nove 402:00 "3, 2, 1, Rest" to stopREST32 x 115 sec.02:00 "2, 2, 5, 160" to start move 4 02:45 "3, 2, 1, 60" to start move 4 02:45 "3, 2, 1, 60" to start move 4 02:45 "3, 2, 1, 60" to start move 5 03:30 "3, 2, 1, 60" to start move 5 03:30 "3, 2, 1, 60" to start move 5 03:30 "3, 2, 1, 60" to start move 6 04:15 "3, 2, 1, 60" to start move 1TRACK 9Nove 632 x 230 sec.03:00 "3, 2, 1, 60" to start move 6 04:15 "3, 2, 1, 60" to start move 1 04:15 "3, 2, 1, 60" to start move 1TRACK 9Nove 632 x 230 sec.05:15 "3, 2, 1, 60" to start move 1 04:15 "3, 2, 1, 60" to start move 1TRACK 9Nove 132 x 230 sec.00:30 "3, 2, 1, Rest" to stopREST32 x 15 min 15 sec00:30 "0, 2, 1, Rest" to stopNove 132 x 230 sec.00:30 "0, 2, 1, 60" to start move 1 00:30 "3, 2, 1, 60" to start move 2 01:15 "3, 2, 1, 60" to start move 2 01:15 "3, 2, 1, 60" to start move 2 01:15 "3, 2, 1, 60" to start move 3 02:00 "3, 2, 1, 60" to start move 3 02:00 "3, 2, 1, 60" to start move 4 02:45 "3, 2, 1, 60" to start move 4 00:30 "3, 2, 1, 60" to start move 4 02:45 "3, 2, 1, 60" to start move 4 02:00 "0, 2, 1, 85" 02:00 "3, 2, 1, 60" to start move 4 02:00 "3,			REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
BLOCK 4 150 Move 4 32 × 2 30 sec. 02:15 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop REST 32 × 1 15 sec. 02:45 "3, 2, 1, Rest" to stop Move 5 32 × 2 30 sec. 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, Recover" to stop REST 32 × 1 15 sec. 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 04:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 REST 32 × 4 60 sec. 05:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 REST 32 × 18 Smin 15 sec 00:30 - 00:45 Stripped down beat Move 1 32 × 2 30 sec. 00:30 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Rest" to stop REST 32 × 1 15 sec. 03:30 "3, 2, 1, Rest" to stop REST 32 × 1 15 sec.		150	Move 3	32 x 2	30 sec.	
TRACK 10 Image: Base of the section of th	TRACK 8		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Move 5 32 x 2 30 sec. 03:00 "3, 2, 1, 60" to start move 5 03:30 "3, 2, 1, Recover" to stop REST 32 x 1 15 sec. 03:45 "3, 2, 1, Recover" to stop REST 32 x 2 30 sec. 03:45 "3, 2, 1, Recover" to stop REST 32 x 4 60 sec. 05:15 "3, 2, 1, Recover" to stop REST 32 x 1 5 min 15 sec. 05:30 "3, 2, 1, Go" to start move 6 Nove 6 32 x 2 30 sec. 05:15 "3, 2, 1, Go" to start move 6 REST 32 x 4 60 sec. 05:15 "3, 2, 1, Go" to start move 1 Repeat Moves 1-6 32 x 2 30 sec. 00:30 "3, 2, 1, Go" to start move 2 Nove 2 32 x 2 30 sec. 00:30 "3, 2, 1, Go" to start move 2 Nove 3 32 x 2 30 sec. 00:45 "3, 2, 1, Go" to start move 2 Nove 4 32 x 2 30 sec. 01:15 -01:30 Stripped down beat Move 4 32 x 2 30 sec. 01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Go" to start move 4 02:15 "3, 2, 1, Go" to start move 4 02:15 "3, 2, 1, Rest" to stop 02:15 "3, 2, 1, Go" to start move 4 02:45 "3, 2,	BLOCK 4		Move 4	32 x 2	30 sec.	
REST 32 x1 15 sec. 03:30 "3, 2, 1, Recover" to stop Move 6 32 x2 30 sec. 03:45 "3, 2, 1, Go" to start move 6 REST 32 x4 60 sec. 05:15 "3, 2, 1, Go" to start move 6 REST 32 x4 60 sec. 05:15 "3, 2, 1, Go" to start move 6 REST 32 x4 60 sec. 05:15 "3, 2, 1, Go" to start move 1 REST 32 x2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x1 15 sec. 00:30 -00:45 Stripped down beat Move 1 32 x2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x1 15 sec. 00:30 -00:45 Stripped down beat Move 2 32 x2 30 sec. 00:30 "3, 2, 1, Go" to start move 2 Nove 3 32 x2 30 sec. 01:15 -01:30 Stripped down beat Move 4 32 x2 30 sec. 02:15 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop 15 sec. 02:00 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop 32 x2 30 sec. 03:30 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to			REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
Move 6 32 x 2 30 sec. 03:45 "3, 2, 1, 60" to start move 6 04:15 "3, 2, 1, Recover" to stop TRACK 9 REST 32 x 4 60 sec. 05:15 "3, 2, 1, Go" to start move 1 Repeat Moves 1-6 32 x 18 5 min 15 sec 05:15 "3, 2, 1, Go" to start Block 5 Move 1 32 x 2 30 sec. 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. 00:30 - 00:45 Stripped down beat Move 3 32 x 2 30 sec. 00:45 "3, 2, 1, Go" to start move 2 REST 32 x 1 15 sec. 00:30 - 00:45 Stripped down beat Move 4 32 x 2 30 sec. 01:15 "3, 2, 1, Go" to start move 3 Nove 3 32 x 2 30 sec. 01:30 "3, 2, 1, Go" to start move 4 Move 4 32 x 2 30 sec. 01:30 "3, 2, 1, Go" to start move 4 Nove 5 32 x 2 30 sec. 02:15 "3, 2, 1, Go" to start move 4 Nove 6 32 x 2 30 sec. 03:30 "3, 2, 1, Go" to start move 5 Nove 6 32 x 2 30 sec. 03:30 "3, 2			Move 5	32 x 2	30 sec.	
REST32 × 460 sec.04:15 "3, 2, 1, Recover" to stopTRACK 9Repeat Moves 1-632 × 185 min 15 sec05:15 "3, 2, 1, Go" to start move 1REST32 × 1032 × 230 sec.00:30 "3, 2, 1, Rest" to stopREST32 × 230 sec.00:30 -00:45 Stripped down beatMove 232 × 230 sec.00:30 -00:45 Stripped down beatMove 332 × 230 sec.00:30 -00:45 Stripped down beatMove 432 × 230 sec.00:30 "3, 2, 1, Rest" to stopREST32 × 115 sec.01:15 -01:30 Stripped down beatMove 332 × 230 sec.01:30 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stopREST32 × 115 sec.00:30 -00:45 Stripped down beatMove 432 × 230 sec.01:30 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Rest" to stopREST32 × 230 sec.02:40 -02:15 Stripped down beatMove 532 × 230 sec.03:30 -03:45 Stripped down beatMove 532 × 230 sec.03:30 -03:45 Stripped down beatMove 632 × 230 sec.03:30 -03:45 Stripped down beatMove 632 × 230 sec.03:45 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stopREST32 × 460 sec03:34 5 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stopREST32 × 4 </td <td></td> <td>REST</td> <td>32 x 1</td> <td>15 sec.</td> <td></td>			REST	32 x 1	15 sec.	
TRACK 9 Repeat Moves 1-6 32 x 18 5 min 15 sec 05:15 "3, 2, 1, Go" to start Block 5 Move 1 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:0:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop 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. 00:130 "130 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. 01:15 - 01:30 Stripped down beat Move 4 32 x 2 30 sec. 01:30 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 02:00 - 02:15 Stripped down beat Move 4 32 x 2 30 sec. 02:45 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 02:40 "3:00 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 REST 32 x 1 15 sec. 03:30 "3, 2, 1, Go"			Move 6	32 x 2	30 sec.	
Move 1 32 x 2 30 sec. 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. 00:45 "3, 2, 1, Rest" to stop Move 3 32 x 2 30 sec. 01:15 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 01:10 "3, 2, 1, Go" to start move 3 DBLOCK 5 160 REST 32 x 1 15 sec. REST 32 x 2 30 sec. 02:15 "3, 2, 1, Go" to start move 4 D2:45 "3, 2, 1, Rest" to stop 32 x 2 30 sec. 02:15 "3, 2, 1, Go" to start move 4 D2:45 "3, 2, 1, Rest" to stop 32 x 1 15 sec. 02:45 "3, 2, 1, Go" to start move 5 Nove 5 32 x 2 30 sec. 03:00 "3, 2, 1, Reover" to stop REST 32 x 1 15 sec. 03:00 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Go" to start move 6 03:45 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to s			REST	32 x 4	60 sec.	05:15 " 3, 2, 1, Go " to start move 1
TRACK 10 BLOCK 5 160	TRACK 9		Repeat Moves 1-6	32 x 18	5 min 15 sec	05:15 " 3, 2, 1, Go " to start Block 5
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. 02:00 "3, 2, 1, Rest" to stop Move 4 32 x 2 30 sec. 02:05 "3, 2, 1, Go" to start move 4 02:00 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 02:00 - 02:15 Stripped down beat 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 32 x 1 15 sec. 02:00 - 02:15 Stripped down beat Move 5 32 x 1 15 sec. 02:00 - 02:15 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Recover" to stop REST 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 2 30 sec. 03:45 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 1 REST 32 x 4 60 sec. 05:15 "3, 2, 1, Go" to start move 1 REST 32 x 18 <td< td=""><td></td><td></td><td>Move 1</td><td>32 x 2</td><td>30 sec.</td><td>00:30 "3, 2, 1, Rest" to stop</td></td<>			Move 1	32 x 2	30 sec.	00:30 " 3, 2, 1, Rest " to stop
TRACK 10 BLOCK 5 Ifoo REST 32 x 2 30 sec. 01:15 "3, 2, 1, Rest" to stop REST 32 x 2 30 sec. 01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop BLOCK 5 160 REST 32 x 1 15 sec. 02:00 - 02:15 Stripped down beat Move 4 32 x 2 30 sec. 02:00 "3, 2, 1, Rest" to stop 02:45 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 02:00 - 02:15 Stripped down beat 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 32 x 1 15 sec. 02:00 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Recover" to stop REST 32 x 2 30 sec. 03:00 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 1 REST 32 x 4 60 sec. 05:15 "3, 2, 1, Go" to start move 1 REST 32 x 18 5 min 15 sec 515 "3, 2, 1, Go" to start move 1			REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
TRACK 10 BLOCK 5 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 160 REST 32 x 1 15 sec. 02:00 - 02:15 Stripped down beat 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 32 x 1 15 sec. 02:00 - 02:15 Stripped down beat Move 5 32 x 1 15 sec. 02:45-03:00 Stripped down beat REST 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 2 30 sec. 03:00 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop REST 32 x 2 30 sec. 03:30-03:45 Stripped down beat Move 6 32 x 2 30 sec. 03:345 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop REST 32 x 4 60 sec. 05:15 "3, 2, 1, Go" to start move 1 TRACK 11 Repeat Moves 1-6 32 x 18 5 min 15 sec			Move 2	32 x 2	30 sec.	
TRACK 10 BLOCK 5 160 REST 32 x 2 30 sec. 02:00 "3, 2, 1, Rest" to stop 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 32 x 1 15 sec. 02:15 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 02:45-03:00 Stripped down beat Move 5 32 x 2 30 sec. 03:00 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 02:45-03:00 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 REST 32 x 2 30 sec. 03:45 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop REST 32 x 4 60 sec. 05:15 "3, 2, 1, Go" to start move 1 TRACK 11 Repeat Moves 1-6 32 x 18 5 min 15 sec			REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
BLOCK 5 160 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 32 x 1 15 sec. 02:45-03:00 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 REST 32 x 1 15 sec. 03:00 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Recover" to stop Move 6 32 x 1 15 sec. 03:30-03:45 Stripped down beat Move 6 32 x 2 30 sec. 03:45 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop REST 32 x 4 60 sec. 05:15 "3, 2, 1, Go" to start move 1 TRACK 11 Repeat Moves 1-6 32 x 18 5 min 15 sec		160	Move 3	32 x 2	30 sec.	
REST 32 x 2 30 sec. 02:45 "3, 2, 1, Rest" to stop Move 5 32 x 1 15 sec. 02:45-03:00 Stripped down beat REST 32 x 2 30 sec. 03:00 "3, 2, 1, Go" to start move 5 REST 32 x 1 15 sec. 03:00 "3, 2, 1, Go" to start move 5 REST 32 x 1 15 sec. 03:30 "3, 2, 1, Recover" to stop REST 32 x 2 30 sec. 03:30-03:45 Stripped down beat Move 6 32 x 2 30 sec. 03:45 "3, 2, 1, Recover" to stop REST 32 x 4 60 sec. 05:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop 32 x 4 60 sec. 05:15 "3, 2, 1, Go" to start move 1 TRACK 11 Repeat Moves 1-6 32 x 18 5 min 15 sec 15			REST	32 x 1	15 sec.	
Move 5 32×2 $30 \sec$ $03:00$ "3, 2, 1, Go" to start move 5 $03:30$ "3, 2, 1, Recover" to stopREST 32×1 15 sec. $03:30-03:45$ Stripped down beatMove 6 32×2 30 sec. $03:45$ "3, 2, 1, Go" to start move 6 $04:15$ "3, 2, 1, Go" to start move 6REST 32×2 30 sec. $03:45$ "3, 2, 1, Go" to start move 6 $04:15$ "3, 2, 1, Go" to start move 1TRACK 11Repeat Moves 1-6 32×18 5 min 15 secTRACK 12VARIESVARIESImage: Comparison of the start move 1			Move 4	32 x 2	30 sec.	
REST 32 x 2 30 sec. 03:30 "3, 2, 1, Recover" to stop Move 6 32 x 1 15 sec. 03:30-03:45 Stripped down beat REST 32 x 2 30 sec. 03:45 "3, 2, 1, Go" to start move 6 REST 32 x 2 30 sec. 03:45 "3, 2, 1, Go" to start move 6 REST 32 x 4 60 sec. 05:15 "3, 2, 1, Go" to start move 1 TRACK 11 Repeat Moves 1-6 32 x 18 5 min 15 sec			REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
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 REST 32 x 4 60 sec. 05:15 "3, 2, 1, Go" to start move 1 TRACK 11 Repeat Moves 1-6 32 x 18 5 min 15 sec TRACK 12 VARIES VARIES 60 sec. 05:15 "3, 2, 1, Go" to start move 1			Move 5			03:30 "3, 2, 1, Recover" to stop
REST 32 x 2 30 sec. 04:15 "3, 2, 1, Recover" to stop TRACK 11 Repeat Moves 1-6 32 x 4 60 sec. 05:15 "3, 2, 1, Go" to start move 1 TRACK 12 VARIES VARIES Image: Sec. 1mm Sec. 1mm			REST	32 x 1	15 sec.	
TRACK 11 Repeat Moves 1-6 32 x 18 5 min 15 sec TRACK 12 VARIES VARIES			Move 6			04:15 "3, 2, 1, Recover" to stop
TRACK 12 VARIES						05:15 " 3, 2, 1, Go " to start move 1
			Repeat Moves 1-6	32 x 18	5 min 15 sec	
		VARIES				