

HIIT NOW BLOCK CHOREOGRAPHY TEMPLATE

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK # BLOCK #	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
	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 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.	04:15 -05:15 Stripped down beat 5:15 " 3, 2, 1, Go " to start move 7
TRACK # BLOCK #	Move 7	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 8	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 9	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 10	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 11	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 12	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.	04:15 -05:15 Stripped down beat