## MIX & MATCH NOW – AUGUST 2021

CYCLE NOW WARM UP (4 min. 45 sec.)

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
	Prep	32 x 1	15 sec.	
	Move 1:	32 x 2	30 sec.	
TRACK 1	Move 2:	32 x 2	30 sec.	
WARM UP	Move 3:	32 x 2	30 sec.	
Pour Some	Move 4:	32 x 2	30 sec.	
Sugar On Me	Move 5:	32 x 2	30 sec.	
ivie	Move 6:	32 x 2	30 sec.	
]	Move 7:	32 x 2	30 sec.	
	Move 8:	32 x 2	30 sec.	
	Move 9:	32 x 2	30 sec.	

STRENGTH NOW BLOCK (45:45:60 work|30 rest| 60 work|1min rest) (15 min 30 sec)

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
	Set Up	32 x 2	30 sec.	00:30 <b>"3, 2, 1, Go"</b> to start move 1
	Move 1:	32 x 3	45 sec.	01:15 " <b>3, 2, 1, Go</b> " to start move 2
TRACK 2 BLOCK 1	Move 2:	32 x 3	45 sec.	02:00 <b>"3, 2, 1, Work"</b> to start move 3
I Wanna Rock	Move 3:	32 x 4	1 min.	02:30 " <b>Don't Stop</b> " at the halfway point 03:00 " <b>3, 2, 1, Rest</b> " to stop
	REST	32 x 2	30 sec.	03:30 <b>"3, 2, 1, Power</b> " to start move
	Power Move:	32 x 4	1 min.	04:00 " <b>Don't Stop</b> " at the halfway point 04:30 " <b>3, 2, 1, Recover</b> " to stop
	REST	32 x 4	60 sec.	05:30 <b>"3, 2, 1, Go"</b> to start move 4
	Move 4:	32 x 3	45 sec.	00:45 <b>"3, 2, 1, Go"</b> to start move 5
TRACK 3	Move 5:	32 x 3	45 sec.	01:30 <b>"3, 2, 1, Work"</b> to start move 6
BLOCK 1 T.N.T.	Move 6:	32 x 4	1 min.	02:00 " <b>Don't Stop</b> " at the halfway point 02:30 " <b>3, 2, 1, Rest</b> " to stop
	REST	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Power"</b> to start move
	Power Move:	32 x 4	1 min.	03:30 " <b>Don't Stop</b> " at the halfway poin 04:00 " <b>3, 2, 1, Recover</b> " to stop
	REST	32 x 4	60 sec.	05:00 <b>"3, 2, 1, Go"</b> to start move 7
	Move 7:	32 x 3	45 sec.	00:45 <b>"3, 2, 1, Go"</b> to start move 8
TRACK 4	Move 8:	32 x 3	45 sec.	01:30 <b>"3, 2, 1, Work"</b> to start move 9
BLOCK 1 Crazy Train	Move 9:	32 x 4	1 min.	02:00 " <b>Don't Stop</b> " at the halfway point 02:30 " <b>3, 2, 1, Rest</b> " to stop
	REST	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Power</b> " to start move
	Power Move:	32 x 4	1 min.	03:30 " <b>Don't Stop</b> " at the halfway poin 04:00 " <b>3, 2, 1, Recover</b> " to stop
	REST	32 x 4	60 sec.	

HIIT NOW BLOCK (6 Cycles of 30 sec work | 15 sec rest followed by 1 min rest) (15 min 53 sec)

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
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### TRACK 5 BLOCK 2 Polson  TRACK 6 BLOCK 2 TRACK 7 TRACK 6 BLOCK 2 TRACK 7 TR						
TRACK   SILOCK   144			Move 1	32 x 2	30 sec.	
TRACK   SILOCK   144			REST	32 x 1	1 <u>5 sec.</u>	00:30 – 00:45 Stripped down beat
TRACK 6   BLOCK 2   1444			Move 2	32 x 2		00:45 " <b>3, 2, 1, Go</b> " to start move 2
TRACK 5   BLOCK 2   1444   1			REST	32 x 1	15 sec.	
Move 4   32 x 2   30 sec.   02:15 *3, 2, 1, 60" to start move 4   02:45 *3, 2, 1, Rest" to stop	TRACK 5		Move 3	32 x 2		01:30 <b>"3, 2, 1, Go"</b> to start move 3
Move 4   32 x 2   30 sec.   02:15 "3, 2, 1, 60" to start move 4   02:45 "3, 2, 1, Rest" to stop	BLOCK 2	1///	REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Move 5		144	Move 4	32 x 2		
REST   32 x 1   15 sec   03:30 "3, 2, 1, Recover" to stop			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			Move 5	32 x 2	30 sec.	
Nove 1   32 x 2   30 sec.   00:15 "3, 2, 1, Rest" to stop			REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
TRACK 6 BLOCK 2 Poison    Nest   32 x 2   30 sec.   00:00 "3, 2, 1, Hit it" to start move 1			Move 6	32 x 2	30 sec.	
TRACK 6 BLOCK 2 Poison   150			RECOVER	32 x 4	60 sec.	
TRACK 6 BLOCK 2 Poison  150  Move 2  150  REST  150  Move 3  150  Move 4  150  REST  150  Move 4  150  REST  150  Move 5  150  REST  150  Move 6  150  REST  150  REST  150  Move 6  150  REST  150  R			Move 1	32 x 2		
TRACK 6 BLOCK 2 Polson  TRACK 6 BLOCK 2 Polson  TRACK 7 BLOCK 2 Polson  TRACK 7 BLOCK 2 REST  TRACK 7 BLOCK 2 Somebody Told Me  TRACK 7 BLOCK 2 TRACK 7 BLOCK 3 TRACK 7 BLOCK 3 TRACK 7 BLOC			REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
TRACK 6 BLOCK 2 Poison    150		150	Move 2	32 x 2	30 sec.	
TRACK 6 BLOCK 2 Poison    Nove 4   32 x 2   30 sec.   02:00 "3, 2, 1, Rest" to stop			REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
TRACK 6   BLOCK 2   Poison			Move 3	32 x 2	30 sec.	
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.	
REST   32 x 1   15 sec.   02:45-03:00 Stripped down beat						02:15 " <b>3, 2, 1, Go</b> " to start move 4
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.	
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			Move 5	32 x 2		03:00 <b>"3, 2, 1, Go"</b> to start move 5
Move 6   32 x 2   30 sec.   04:15 "3, 2, 1, Recover" to stop			REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
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			Move 6	32 x 2	30 sec.	
TRACK 7 BLOCK 2 Somebody Told Me  TREST  TRACK 7 BLOCK 2 Somebody Told Move 4  TREST  TRACK 7 TREST  TRACK 7 TREST  TRACK 7 TREST  TRACK 7 TRACK 7 TREST  TRACK 7 TRACK 7 TREST  TRACK 7 TREST TRACK 7 TREST TRACK 7 TREST TRACK 7 TREST TRACK 7 TREST TRACK 7 TREST TRACK 7 TREST TRACK 7 TRACK 7 TREST TRACK 7 TRACK 7 TRACK 7 TREST TRACK 7 TR			RECOVER	32 x 4	60 sec.	
TRACK 7 BLOCK 2 Somebody Told Me    Move 4   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	30 sec.	
TRACK 7   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.	00:30 – 00:45 Stripped down beat
TRACK 7       BLOCK 2         Somebody Told Me       REST       32 x 2       30 sec.       01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop         Move 4       32 x 2       30 sec.       02:00 - 02:15 Stripped down beat         Move 5       32 x 1       15 sec.       02:45 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" 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 4       15 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			Move 2			
TRACK 7 BLOCK 2 Somebody Told Me  REST  Move 4  REST  32 x 1  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  32 x 1  15 sec.  02:45-03:00 Stripped down beat  Move 5  32 x 2  30 sec.  03:30 "3, 2, 1, Rest" to stop  REST  32 x 2  30 sec.  03:30 "3, 2, 1, Recover" to stop  REST  Move 6  32 x 2  30 sec.  03:30 "3, 2, 1, Recover" to stop  REST  32 x 4  33 sec.  03:45 "3, 2, 1, Recover" to stop  04:15 "3, 2, 1, Recover" to stop			REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
Move 4   32 x 2   30 sec.   02:05 - 02:15 Stripped down beat			Move 3	32 x 2	30 sec.	
Move 4    Somebody Told Me			REST	32 x 1	15 <u>sec.</u>	
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		160				02:15 " <b>3, 2, 1, Go</b> " to start move 4
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 1	15 <u>sec.</u>	
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						03:00 " <b>3, 2, 1, Go</b> " to start move 5
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	15 sec	
						03:45 " <b>3, 2, 1, Go</b> " to start move 6
			REST	32 x 4	60 sec.	2 2 , 2, 1, 1, 1, 2, 2, 1, 1, 2, 2, 2, 1, 1, 2, 2, 2, 1, 2, 2, 2, 2, 2, 2, 2, 2, 2, 2, 2, 2, 2,

TABATA NOW BLOCK (8 Cycles of 20 sec work | 10 sec rest followed by 1 min rest) (10 min)

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES

	Prep	32 x 1	15 sec.	
	Move 1:	32 x 2	30 sec.	00:15 <b>"3, 2, 1, Work</b> " to start Move 1 00:35 <b>"3, 2, 1, Rest, Cycle 1 Complete"</b> to stop
	Move 2:	32 x 2	30 sec.	00:45 " <b>3-2-1 Work</b> " to start Move 2 01:05 " <b>3-2-1 Rest, Cycle 2 Complete"</b> to stop
	Move 3:	32 x 2	30 sec.	01:15 " <b>3-2-1 Work</b> " to start Move 3 01:35 " <b>3-2-1 Rest, Cycle 3 Complete"</b> to stop
TRACK 8 BLOCK 3 Say My	Move 4:	32 x 2	30 sec.	01:45 " <b>3-2-1 Work</b> " to start Move 4 02:05 " <b>3-2-1 Rest, Cycle 4 Complete"</b> to stop
Name	Move 5:	32 x 2	30 sec.	02:15 " <b>3-2-1 Work</b> " to start Move 5 02:35 " <b>3-2-1 Rest, Cycle 5 Complete</b> " to stop
	Move 6:	32 x 2	30 sec.	02:45 <b>"3-2-1 Work</b> " to start Move 6 03:05 <b>"3-2-1 Rest, Cycle 6 Complete</b> " to stop
	Move 7:	32 x 2	30 sec.	03:15 " <b>3-2-1 Work</b> " to start Move 7 03:35 " <b>3-2-1 Rest, Cycle 7 Complete</b> " to stop
	Move 8:	32 x 2	30 sec.	03:45" <b>3-2-1 Work</b> " to start Move 7 04:05 " <b>3-2-1 Recover</b> " to stop
	REST	32 x 4	1 min.	05:03 " <b>3, 2, 1, Work</b> " to start Move 1
	NEST	02 A .		<b>0,2,2,1.0</b>
	Move 1:	32 x 2	30 sec.	00:20 <b>"3, 2, 1, Rest, Cycle 1 Complete"</b> to stop
	Move 1:  Move 2:			00:20 <b>"3, 2, 1, Rest, Cycle 1</b>
		32 x 2	30 sec.	00:20 <b>"3, 2, 1, Rest, Cycle 1 Complete"</b> to stop  00:30 <b>"3-2-1 Work"</b> to start Move 2  00:50 <b>"3-2-1 Rest, Cycle 2 Complete"</b>
TRACK 9	Move 2:	32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop 00:30 "3-2-1 Work" to start Move 2 00:50 "3-2-1 Rest, Cycle 2 Complete" to stop 01:00 "3-2-1 Work" to start Move 3 01:20 "3-2-1 Rest, Cycle 3 Complete"
TRACK 9 BLOCK 3 No Limit	Move 2:  Move 3:	32 x 2 32 x 2 32 x 2	30 sec. 30 sec. 30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop 00:30 "3-2-1 Work" to start Move 2 00:50 "3-2-1 Rest, Cycle 2 Complete" to stop 01:00 "3-2-1 Work" to start Move 3 01:20 "3-2-1 Rest, Cycle 3 Complete" to stop 01:30 "3-2-1 Work" to start Move 4 01:50 "3-2-1 Rest, Cycle 4 Complete"
BLOCK 3	Move 2:  Move 3:  Move 4:	32 x 2 32 x 2 32 x 2 32 x 2	30 sec. 30 sec. 30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop  00:30 "3-2-1 Work" to start Move 2 00:50 "3-2-1 Rest, Cycle 2 Complete" to stop  01:00 "3-2-1 Work" to start Move 3 01:20 "3-2-1 Rest, Cycle 3 Complete" to stop  01:30 "3-2-1 Work" to start Move 4 01:50 "3-2-1 Rest, Cycle 4 Complete" to stop  02:00 "3-2-1 Work" to start Move 5 02:20 "3-2-1 Rest, Cycle 5 Complete"
BLOCK 3	Move 2:  Move 3:  Move 4:  Move 5:	32 x 2 32 x 2 32 x 2 32 x 2	30 sec. 30 sec. 30 sec. 30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop  00:30 "3-2-1 Work" to start Move 2 00:50 "3-2-1 Rest, Cycle 2 Complete" to stop  01:00 "3-2-1 Work" to start Move 3 01:20 "3-2-1 Rest, Cycle 3 Complete" to stop  01:30 "3-2-1 Work" to start Move 4 01:50 "3-2-1 Rest, Cycle 4 Complete" to stop  02:00 "3-2-1 Work" to start Move 5 02:20 "3-2-1 Rest, Cycle 5 Complete" to stop  02:30 "3-2-1 Work" to start Move 6 02:50 "3-2-1 Rest, Cycle 6 Complete"
BLOCK 3	Move 2:  Move 3:  Move 4:  Move 5:	32 x 2	30 sec. 30 sec. 30 sec. 30 sec. 30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop  00:30 "3-2-1 Work" to start Move 2 00:50 "3-2-1 Rest, Cycle 2 Complete" to stop  01:00 "3-2-1 Work" to start Move 3 01:20 "3-2-1 Rest, Cycle 3 Complete" to stop  01:30 "3-2-1 Work" to start Move 4 01:50 "3-2-1 Rest, Cycle 4 Complete" to stop  02:00 "3-2-1 Work" to start Move 5 02:20 "3-2-1 Rest, Cycle 5 Complete" to stop  02:30 "3-2-1 Work" to start Move 6 02:50 "3-2-1 Rest, Cycle 6 Complete" to stop  03:00 "3-2-1 Work" to start Move 7 03:20 "3-2-1 Rest, Cycle 7 Complete"

STRENGTH NOW BLOCK (4 Cycles of 45 sec work | 15 sec rest followed by 30 sec rest) (9 min)

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
	Prep	32 x 1	15 sec.	00:00 Prep
	Move 1:	3 x 3	45 sec.	00:15 <b>"3, 2, 1, Go"</b> to start Move 1
TRACK 10	REST	32 x 1	15 sec.	01:00 <b>"3, 2, 1, Rest"</b> to stop
BLOCK 4	Move 2:	32 x 3	45 sec.	01:15 <b>"3, 2, 1, Go"</b> to start Move 2
telepatía	REST	32 x 1	15 sec.	02:00 <b>"3, 2, 1, Rest</b> " to stop
	Move 3:	32 x 3	45 sec.	02:15 <b>"3, 2, 1, Go"</b> to start Move 3
	REST	32 x 1	15 sec.	03:00 <b>"3, 2, 1, Rest"</b> to stop

	Move 4: 32		45 sec.	03:15 <b>"3, 2, 1, Go"</b> to start Move 4	
	REST		30 sec.	04:00 <b>"3, 2, 1, Recover"</b> to stop	
	Prep	32 x 1	15 sec.	00:00 Prep	
	Move 1:		45 sec.	00:15 "3, 2, 1, Go" to start Move 1	
	REST		15 sec.	01:00 " <b>3, 2, 1, Rest</b> " to stop	
TRACK 11 BLOCK 4	Move 2:		45 sec.	01:15 " <b>3, 2, 1, Go</b> " to start Move 2	
I Would	REST	32 x 1	15 sec.	02:00 " <b>3, 2, 1, Rest</b> " to stop	
Like	Move 3:	32 x 3	45 sec.	02:15 <b>"3, 2, 1, Go"</b> to start Move 3	
	REST	32 x 1	15 sec.	03:00 <b>"3, 2, 1, Rest"</b> to stop	
	Move 4:	32 x 3	45 sec.	03:15 <b>"3, 2, 1, Go"</b> to start Move 4	
	REST	32 x 2	30 sec.	04:00 <b>"3, 2, 1, Recover</b> " to stop	

CARDIO NOW BLOCK COOL DOWN (5 min 13 sec)

SECTION	ВРМ	DESCRIPTION	COUNTS	TIME
TRACK 12 COOL DOWN Angles	95			_