MIX & MATCH NOW – DECEMBER 2022

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

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 *I Ain't Worried*	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.	
	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
TRACK 2 BLOCK 1 *Good Time*	Set Up	32 x 2	30 sec.	00:30 **"3, 2, 1, Go"** to start move 1
	Move 1:	32 x 3	45 sec.	01:15 "**3, 2, 1, Go**" to start move 2
	Move 2:	32 x 3	45 sec.	02:00 "**3, 2, 1, Work**" to start move 3
	Move 3:	32 x 4	1 min.	02:30 "**Don't Stop**" at the halfway point 03:00 "**3, 2, 1, Rest**" to stop
	REST	32 x 2	30 sec.	03:30 "**3, 2, 1, Power**" to start move
	Power Move:	32 x 4	1 min.	04:00 "**Don't Stop**" at the halfway point 04:30 "**3, 2, 1, Recover**" to stop
	REST	32 x 4	60 sec.	05:30 **"3, 2, 1, Go"** to start move 4
TRACK 3 BLOCK 1 *In The End*	**Move 4:**	32 x 3	45 sec.	00:45 **"3, 2, 1, Go"** to start move 5
	Move 5:	32 x 3	45 sec.	01:30 "**3, 2, 1, Work**" to start move 6
	Move 6:	32 x 4	1 min.	02:00 "**Don't Stop**" at the halfway point 02:30 "**3, 2, 1, Rest**" to stop
	REST	32 x 2	30 sec.	03:00 "**3, 2, 1, Power**" to start move
	Power Move:	32 x 4	1 min.	03:30 "**Don't Stop**" at the halfway point 04:00 "**3, 2, 1, Recover**" to stop
	REST	32 x 4	60 sec.	05:00 **"3, 2, 1, Go"** to start move 7
TRACK 4 BLOCK 1 *Unholy*	**Move 7:**	32 x 3	45 sec.	00:45 **"3, 2, 1, Go"** to start move 8
	Move 8:	32 x 3	45 sec.	01:30 "**3, 2, 1, Work**" to start move 9
	Move 9:	32 x 4	1 min.	02:00 "**Don't Stop**" at the halfway point 02:30 "**3, 2, 1, Rest**" to stop
	REST	32 x 2	30 sec.	03:00 "**3, 2, 1, Power**" to start move
	Power Move:	32 x 4	1 min.	03:30 "**Don't Stop**" at the halfway point 04:00 "**3, 2, 1, Recover**" 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

TRACK 5 BLOCK 2 *CUFF IT*	144	**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
		RECOVER	32 x 4	60 sec.	
TRACK 6 BLOCK 2 *Fergalicious*	150	**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
		RECOVER	32 x 4	60 sec.	
TRACK 7 BLOCK 2 *Nice For What*	160	**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 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.	

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

	Section	Description	Counts	Time	Music Cues
TRACK 8 BLOCK 3 *STAR WALKIN' (League of Legends Worlds Anthem)*	Prep		32 x 1	15 sec.	
	Move 1:		32 x 2	30 sec.	00:15 "**3, 2, 1, Work**" to start Move 1 00:35 "**3, 2, 1, Rest, Cycle 1 Complete**" to stop
	Move 2:		32 x 2	30 sec.	00:45 "**3-2-1 Work**" to start Move 2 01:05 "**3-2-1 Rest, Cycle 2 Complete**" to stop
	Move 3:		32 x 2	30 sec.	01:15 "**3-2-1 Work**" to start Move 3 01:35 "**3-2-1 Rest, Cycle 3 Complete**" to stop
	Move 4:		32 x 2	30 sec.	01:45 "**3-2-1 Work**" to start Move 4 02:05 "**3-2-1 Rest, Cycle 4 Complete**" to stop
	Move 5:		32 x 2	30 sec.	02:15 "**3-2-1 Work**" to start Move 5 02:35 "**3-2-1 Rest, Cycle 5 Complete**" to stop
	Move 6:		32 x 2	30 sec.	02:45 "**3-2-1 Work**" to start Move 6 03:05 "**3-2-1 Rest, Cycle 6 Complete**" to stop
	Move 7:		32 x 2	30 sec.	03:15 "**3-2-1 Work**" to start Move 7 03:35 "**3-2-1 Rest, Cycle 7 Complete**" to stop
	Move 8:		32 x 2	30 sec.	03:45 "**3-2-1 Work**" to start Move 7 04:05 "**3-2-1 Recover**" to stop
	REST		32 x 4	1 min.	05:03 "**3, 2, 1, Work**" to start Move 1
TRACK 9 BLOCK 3 *Thrift Shop*	Move 1:		32 x 2	30 sec.	00:20 "**3, 2, 1, Rest, Cycle 1 Complete**" to stop
	Move 2:		32 x 2	30 sec.	00:30 "**3-2-1 Work**" to start Move 2 00:50 "**3-2-1 Rest, Cycle 2 Complete**" to stop
	Move 3:		32 x 2	30 sec.	01:00 "**3-2-1 Work**" to start Move 3 01:20 "**3-2-1 Rest, Cycle 3 Complete**" to stop
	Move 4:		32 x 2	30 sec.	01:30 "**3-2-1 Work**" to start Move 4 01:50 "**3-2-1 Rest, Cycle 4 Complete**" to stop
	Move 5:		32 x 2	30 sec.	02:00 "**3-2-1 Work**" to start Move 5 02:20 "**3-2-1 Rest, Cycle 5 Complete**" to stop
	Move 6:		32 x 2	30 sec.	02:30 "**3-2-1 Work**" to start Move 6 02:50 "**3-2-1 Rest, Cycle 6 Complete**" to stop
	Move 7:		32 x 2	30 sec.	03:00 "**3-2-1 Work**" to start Move 7 03:20 "**3-2-1 Rest, Cycle 7 Complete**" to stop
	Move 8:		32 x 2	30 sec.	03:30 "**3-2-1 Work**" to start Move 8 03:50 "**3-2-1 Recover**" to stop
	REST		32 x 4	1 min.	

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
TRACK 10 BLOCK 4 *Late Night Talking*	Prep	32 x 1	15 sec.	00:00 Prep
	Move 1:	3 x 3	45 sec.	00:15 "**3, 2, 1, Go**" to start Move 1
	REST	32 x 1	15 sec.	01:00 "**3, 2, 1, Rest**" to stop
	Move 2:	32 x 3	45 sec.	01:15 "**3, 2, 1, Go**" to start Move 2
	REST	32 x 1	15 sec.	02:00 "**3, 2, 1, Rest**" to stop
	Move 3:	32 x 3	45 sec.	02:15 "**3, 2, 1, Go**" to start Move 3
	REST	32 x 1	15 sec.	03:00 "**3, 2, 1, Rest**" to stop

	Move 4:	32 x 3	45 sec.	03:15 **"3, 2, 1, Go"** to start Move 4	
	REST	32 x 2	30 sec.	04:00 **"3, 2, 1, Recover"** to stop	
TRACK 11 BLOCK 4 *When I Think Of You*	Prep	32 x 1	15 sec.	00:00 Prep	
	Move 1:	32 x 3	45 sec.	00:15 **"3, 2, 1, Go"** to start Move 1	
	REST	32 x 1	15 sec.	01:00 **"3, 2, 1, Rest"** to stop	
	Move 2:	32 x 3	45 sec.	01:15 **"3, 2, 1, Go"** to start Move 2	
	REST	32 x 1	15 sec.	02:00 **"3, 2, 1, Rest"** to stop	
	Move 3:	32 x 3	45 sec.	02:15 **"3, 2, 1, Go"** to start Move 3	
	REST	32 x 1	15 sec.	03:00 **"3, 2, 1, Rest"** to stop	
	Move 4:	32 x 3	45 sec.	03:15 **"3, 2, 1, Go"** to start Move 4	
	REST	32 x 2	30 sec.	04:00 **"3, 2, 1, Recover"** to stop	

CARDIO NOW BLOCK COOL DOWN

SECTION	BPM	DESCRIPTION	COUNTS	TIME
TRACK 12 COOL DOWN *Bad Habit*	**85**			