MIX & MATCH NOW – June 2023

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.	
	Move 2:	32 x 2	30 sec.	
TRACK 1	Move 3:	32 x 2	30 sec.	
Thunderstruck	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
	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
TRACK 2 BLOCK 1	Move 2:	32 x 3	45 sec.	02:00 " 3, 2, 1, Work " to start move 3
100% Pure Love	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
	Move 4:	32 x 3	45 sec.	00:45 "3, 2, 1, Go" to start move 5
TRACK 3	Move 5:	32 x 3	45 sec.	01:30 "3, 2, 1, Work " to start move 6
BLOCK 1 Sure Thing	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
	Move 7:	32 x 3	45 sec.	00:45 "3, 2, 1, Go" to start move 8
TRACK 4 BLOCK 1 Animals	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
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Move 1 32 x 2 30 sec. 00.000" 3, 2, 1, lift it to start move 2 00.000" 3, 2, 1, lift it to start move 2 00.000" 3, 2, 1, lift it to start move 2 00.000" 3, 2, 1, lift it to start move 2 00.000" 3, 2, 1, lift it to start move 2 00.15" 3, 2, 1, lift it to start move 3 00.15" 3, 2, 1, lift it to start move 3 00.15" 3, 2, 1, lift it to start move 3 00.15" 3, 2, 1, lift it to start move 3 00.00" 3, 2, lift it to start move 3 00.00" 3, 2, lift it to start move 3 00.00" 3, 2, lift it to start move 3 00.00" 3, 2, lift it to start move 3 00.00" 3, 2, lift it to start move 4 00.00" 3, 2, lift it to start move 4 00.00" 3, 2, lift it to start move 5 00.00" 3, 2, lift it to start move 6 00.00" 3, 2, lift it to start move 6 00.00" 3, 2, lift it to start move 6 00.00" 3, 2, lift it to start move 6 00.00" 3, 2, lift it to start move 6 00.00" 3, 2, lift it to start move 6 00.00" 3, 2, lift it to start move 6 00.00" 3, 2, lift it to start move 6 00.00" 3, 2, lift it to start move 6 00.00" 3, 2, lift it to start move 6 00.00" 3, 2, lift it to start move 6 00.00" 3, 2, lift it to start move 6 00.00" 3, 2, lift it to start move 1 00.00" 3, 2, lift it to start move 1 00.00" 3, 2, lift it to start move 2 00.00" 3, 2, lift it to start move						
TRACK SECOND Sec.			Move 1	32 x 2	30 sec.	
TRACK SECOND Sec.			REST	32 x 1	15 <u>sec.</u>	
TRACK 5 BLOCK 2 BLOC						00:45 " 3, 2, 1, Go " to start move 2
Move 3			REST	32 x 1	15 sec.	
Move 4 32 x 2 30 sec. 02:15 ''3, 2, 1, Res' to stop	TRACK 5		Move 3	32 x 2		01:30 " 3, 2, 1, Go " to start move 3
Move 4 32 x 2 30 sec. 02:15 ''3, 2, 1, Res' 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	30 sec.	* * *
TRACK 6			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			Move 5	32 x 2	30 sec.	
Nove 1 32 x 2 30 sec. 00.00 "3, 2, 1, Hit h" to start move 1			REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
TRACK 6 BLOCK 2 Animal BEST BLOCK 2 Animal BLOCK 2 BEST BLOCK 2 BL			Move 6	32 x 2	30 sec.	
TRACK 6 BLOCK 2 Animal Sec. Block 2 Best Block 2 Block 2 Block 2 Block 2 Block 2 Blo			RECOVER	32 x 4	60 sec.	
TRACK 6 BLOCK 2 Animal 150 REST 150 REST			Move 1	32 x 2	30 sec.	
TRACK 6 BLOCK 2 Animal 150 REST 150 REST 32 x 1 15 sec. 01:15 "3, 2, 1, Rest" to stop 150 Rest 150 Rest 150 Rest 150 Rest 150 Rest 32 x 2 30 sec. 01:15 "3, 2, 1, Rest" to stop 02:00 "3, 2, 1, Rest" to stop 02:00 "3, 2, 1, Rest" to stop 02:00 "3, 2, 1, Rest" to stop 02:05 "3, 2, 1, Rest" to stop 02:15 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop 02:15 "3, 2, 1, Go" to start move 4 02:15 "3, 2, 1, Go" to start move 4 02:15 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Rest" to stop Rest Rest 32 x 1 15 sec. 03:30 "3, 2, 1, Rest" to stop 03:30 "3, 2, 1, Recover" to stop Rest Rest 32 x 2 30 sec. 03:30 "3, 2, 1, Recover" to stop 03:34 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop Rest 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 00:30 "3, 2, 1, Rest" to stop 160 Rest 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 00:30 "3, 2, 1, Rest" to stop 160 Rest Move 3 32 x 1 15 sec. 00:00 "3, 2, 1, Rest" to stop 00:30 "3, 2, 1, Rest" to stop 160 Rest Move 3 32 x 2 30 sec. 01:15 "3, 2, 1, Rest" to stop 01:15 "3, 2, 1, Rest" to stop 160 Rest Move 3 32 x 2 30 sec. 01:15 "3, 2, 1, Rest" to stop 160 Rest Move 4 32 x 2 30 sec. 01:15 "3, 2, 1, Rest" to stop 02:00 "3, 2, 1, Rest" to stop 02:00 "3, 2, 1, Rest" to stop 160 Rest Move 4 32 x 2 30 sec. 01:15 "3, 2, 1, Rest" to stop 02:00 "3, 2, 1, Rest" to stop 160 Rest Move 4 32 x 2 30 sec. 02:00 "3, 2, 1, Rest" to stop 17, Go" to start move 4 02:45 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop 17, Go" to start move 4 180 180 180 180 180 180 180 18			REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
TRACK 6 BLOCK 2 Animal State 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		150	Move 2	32 x 2	30 sec.	* * *
TRACK 6 BLOCK 2 Animal REST 32 x 1 15 sec. 02:00 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 02:00 "3, 2, 1, Rest" to stop REST 32 x 1 Move 4 32 x 2 30 sec. 02:45 "3, 2, 1, Rest" to stop REST 32 x 1 Move 5 32 x 2 30 sec. 03:30 "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 32 x 4 50 sec. Move 1 32 x 2 30 sec. 03:30 "3, 2, 1, Recover" to stop REST 32 x 1 15 sec. 00:30 0 "3, 2, 1, Hit it" to start move 6 04:15 "3, 2, 1, Recover" to stop REST 32 x 1 15 sec. 00:30 0 "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 0 "3, 2, 1, Rest" to stop REST 32 x 1 Move 2 32 x 2 30 sec. 01:15 "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 3 32 x 2 30 sec. 01:15 "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 3 32 x 2 30 sec. 02:15 "3, 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 4 32 x 2 30 sec. 02:15 "3, 2, 1, Rest" to stop REST 32 x 1 Move 4 32 x 2 30 sec. 02:45 "3, 2, 1, Rest" to stop REST 32 x 1 Move 4 32 x 2 30 sec. 02:45 "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 5 32 x 2 30 sec. 03:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 5 32 x 2 30 sec. 03:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 4 32 x 2 30 sec. 03:30 "3, 2, 1, Rest" to stop REST Move 5 32 x 2 30 sec. 03:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 6 32 x 2 30 sec. 03:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 6 32 x 2 30 sec. 03:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 6 32 x 2 30 sec. 03:30 "3, 2, 1, Rest" to stop REST AND			REST	32 x 1	15 sec.	01:15 – 01:30 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 4 02:45 "3, 2, 1, 60" to start move 5 03:30 "3, 2, 1, Rest" to stop			Move 3	32 x 2	30 sec.	
## Animal Rest Move 4 32 x 2 30 sec. 02:15 "3, 2, 1, 60" to start move 4			REST	32 x 1	15 sec.	
TRACK 7 BLOCK 2 Can't Tame Her Her			Move 4	32 x 2	30 sec.	02:15 " 3, 2, 1, Go " to start move 4
## Page 14			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	30 sec.	
## TRACK 7 ## BLOCK 2 Can't Tame Her Move 4 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
TRACK 7 BLOCK 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 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, Rest" to stop REST 32 x 2 30 sec. 03:00 "3, 2, 1, Rest" to stop REST 32 x 4 15 sec. 03:30 "3, 2, 1, Recover" to stop REST 32 x 2 30 sec. 03:00 "3, 2, 1, Recover" to stop REST 32 x 2 30 sec. 03:30 "3, 2, 1, Recover" to stop			Move 6	32 x 2	30 sec.	
TRACK 7 BLOCK 2 Can't Tame Her Move 4 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop			RECOVER	32 x 4	60 sec.	
TRACK 7 BLOCK 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 02:45 "3, 2, 1, Rest" to stop REST 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 2 30 sec. 03:30 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Recover" to stop REST 32 x 2 30 sec. 03:45 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop			Move 1	32 x 2	30 sec.	
TRACK 7 BLOCK 2 Can't Tame Her 160 REST 32 x 1 15 sec. 01:15 - 01:30 Stripped down beat			REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
TRACK 7 BLOCK 2 Can't Tame Her Her 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 REST 32 x 1 15 sec. 02:45 "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 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			Move 2	32 x 2	30 sec.	
TRACK 7 BLOCK 2 Can't Tame Her			REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
Can't Tame Her Her 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	BLOCK 2 Can't Tame		Move 3	32 x 2	30 sec.	
Her 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		100	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, 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		100	Move 4	32 x 2	30 sec.	
REST 32 x 2 30 sec. 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 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			Move 5	32 x 2	30 sec.	1
32 X 2 30 Sec. 04:15 "3, 2, 1, Recover " to stop			REST	32 x 4	15 sec.	03:30-03:45 Stripped down beat
			Move 6	32 x 2		
			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

	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
TRACK 8 BLOCK 3	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
Jump Around	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
ļ	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
	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 "
TRACK 9				to stop
	Move 4:	32 x 2	30 sec.	to stop 01:30 " 3-2-1 Work " to start Move 4 01:50 " 3-2-1 Rest, Cycle 4 Complete" to stop
TRACK 9 BLOCK 3 Trap Queen	Move 4: Move 5:	32 x 2 32 x 2	30 sec.	01:30 " 3-2-1 Work " to start Move 4 01:50 " 3-2-1 Rest, Cycle 4 Complete"
BLOCK 3				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 5:	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 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" to stop
BLOCK 3	Move 5: Move 6:	32 x 2 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 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 "3, 2, 1, Go" to start Move 1
TRACK 10	REST	32 x 1	15 sec.	01:00 "3, 2, 1, Rest" to stop
BLOCK 4 Waffle	Move 2:	32 x 3	45 sec.	01:15 "3, 2, 1, Go" to start Move 2
House	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	
	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 "3, 2, 1, Rest" to stop	
TRACK 11 BLOCK 4	Move 2:	32 x 3	45 sec.	01:15 "3, 2, 1, Go" to start Move 2	
Blue	REST	32 x 1	15 sec.	02:00 "3, 2, 1, Rest" to stop	
Monday	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	ВРМ	DESCRIPTION	COUNTS	TIME
TRACK 12 COOL DOWN Love Me More	85			