MIX & MATCH NOW – NOVEMBER 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.	
TD 4 61/ 4	Move 2:	32 x 2	30 sec.	
TRACK 1 WARM UP	Move 3:	32 x 2	30 sec.	
Black And	Move 4:	32 x 2	30 sec.	
Yellow 	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
TRACK 2 BLOCK 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
Ghetto Supastar	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 Rumors	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 No Diggity	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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TRACK 6 BLOCK 2 2009 1500 1										
TRACK 5 SILOCK 2			Move 1	32 x 2	30 sec.					
TRACK 5 SILOCK 2			REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat				
## TRACK 5 BLOCK 2 TRACK 6 BLOCK 2 TRACK 6 BLOCK 2 Move 3 144 Move 3 145 Move 4 145 Move 4 145 Move 5 145 Move 6 145 Move 6 145 Move 1 146 Move 1 146 Move 6 147 Move 1 147 Move 6 147 Move 1 148 Move 1 148 Move 1 148 Move 1 148 Move 6 148 148 Move 1 148 Move 2 148 148 Move 3 148 148 Move 4 148 148 Move 4 148 148 Move 4 148 148 Move 6 148 Move 6 148 Move 6 148 Move 7 148 Move 8 148 Move 9 148 Move 1 148 Move 1						00:45 " 3, 2, 1, Go " to start move 2				
TRACK 5 20 20 20 20 20 20 20			REST	32 x 1	15 sec.					
## Protect Protection			Move 3	32 x 2	30 sec.	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		1//	REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat				
Note 1 15 sec	Is How We Do	144	Move 4	32 x 2	30 sec.					
## TRACK 6 150	π.,		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 6 BLOCK 2 Part 1 Part 1 Part 2 Part 2 Part 3 Part 3 Part 4 Part 3 Part 4			REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat				
TRACK 6 BLOCK 2 Pony (Jump On It) TRACK 6 BLOCK 2 Pony (Jump On It) TRACK 7 BLOCK 2 Motoumphilly TRACK 7 BLOCK 2 TRACK 7 BLOCK 3 TRA			Move 6	32 x 2	30 sec.					
TRACK 6 BLOCK 2 2 30 sec. 00.30 "3, 2, 1, Rest" to stop			RECOVER	32 x 4	60 sec.					
TRACK 6 BLOCK 2 Pony (Jump On It) 150 TRACK 6 BLOCK 2 Pony (Jump On It) 150 Move 4 32 x 2 30 sec. 150 Move 5 32 x 2 30 sec. 150 Move 6 32 x 2 30 sec. 150 REST 150 Move 1 32 x 1 15 sec. 150 Move 6 150 REST 150 Move 1 150 REST			Move 1	32 x 2	30 sec.					
TRACK 6 BLOCK 2 Ponty (Jump On It) TRACK 7 BLOCK 2 Mote and a service of the ser			REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat				
TRACK 6 BLOCK 2 Pony (Jump On It)		150	Move 2	32 x 2	30 sec.					
TRACK 6 BLOCK 2 Protect Factor Track 7 BLOCK 2 Motownphilly TRACK 7 BLOCK 2 Motownphilly TRACK 7 BLOCK 2 Move 4			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, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop	TRACK 6		Move 3	32 x 2	30 sec.					
Move 4 32 x 2 30 sec. 02:15 "3, 2, 1, 60" to start move 4	BLOCK 2 Pony (Jump On		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			Move 4	32 x 2	30 sec.					
## Nove 5 32 x 2 30 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, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop			Move 5	32 x 2	30 sec.					
## TRACK 7 BLOCK 2 Motownphilly TRACK 7 BLOCK 2 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 Mote of Move 4 Move 4 32 x 2 30 sec. 00:00 "3, 2, 1, Hit it" to start move 1 00:30 "3, 2, 1, Rest" to stop TRACK 7 BLOCK 2 Motownphilly Mote 4 32 x 1 15 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. 01:30 "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, Rest" to stop REST 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 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 2 30 sec. 03:00 "3, 2, 1, Rest" to stop Move 6			Move 6	32 x 2	30 sec.					
TRACK 7 BLOCK 2 Motownphilly TREST TRACK 7 BLOCK 2 Move 4 TEST TRACK 7 BLOCK 2 Move 4 TEST TRACK 7 BLOCK 2 Move 5 TEST			RECOVER	32 x 4	60 sec.					
TRACK 7 BLOCK 2 Motownphilly 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. 01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop 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. 02:45 "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, Go" to start move 5 03:30 "3, 2, 1, Recover" to stop REST 32 x 4 15 sec. 03:30 "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 Motownphilly TREST Solve 1 Solve 2 Move 3 Solve 2 Solve 3 Solve 4 Sol			REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat				
TRACK 7 BLOCK 2 Motownphilly REST						REST Move 3	Move 2	32 x 2	30 sec.	
TRACK 7 BLOCK 2 Motownphilly Sec.							32 x 1	15 sec.		
REST 32 x 1 15 sec. 02:00 – 02:15 Stripped down beat	TRACK 7							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. 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		150	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	Motownphilly	150	Move 4	32 x 2	30 sec.					
REST 32 x 2 30 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, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop			Move 5	32 x 2	30 sec.	03:00 "3, 2, 1, Go" 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 <u>sec.</u>	03:30-03:45 Stripped down beat				
			Move 6			03:45 " 3, 2, 1, Go " to start move 6				
			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.	
TRACK 8 BLOCK 3 Finally	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
(Cannot Hide It)	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
	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
TRACK 9 BLOCK 3	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
Boom Boom Boom	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
	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	Move 2:	32 x 3	45 sec.	01:15 "3, 2, 1, Go" to start Move 2
OUT OUT	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:	32 x 3	45 sec.	00:15 "3, 2, 1, Go" to start Move 1
j	REST	32 x 1	15 sec.	01:00 "3, 2, 1, Rest" to stop
TRACK 11	Move 2:	32 x 3	45 sec.	01:15 "3, 2, 1, Go" to start Move 2
BLOCK 4	REST	32 x 1	15 sec.	02:00 " 3, 2, 1, Rest " to stop
Believe Me	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 (4 min 24 sec)

SECTION	ВРМ	DESCRIPTION	COUNTS	TIME
TRACK 12 COOL DOWN Hey Mr. DJ	100			