MIX & MATCH NOW – SEPTEMBER 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.	
I Knew You	Move 4:	32 x 2	30 sec.	
Were Trouble	Move 5:	32 x 2	30 sec.	
Trouble	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
Doo Wop (That Thing)	Move 3:	32 x 4	1 min.	02:30 " Don't Stop " at the halfway point 03:00 " 3, 2, 1, Rest " to stop
3,	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 Pump Up The Jam	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	Move 8:	32 x 3	45 sec.	01:30 "3, 2, 1, Work" to start move 9
BLOCK 1 Get Low	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

## TRACK 5 BLOCK 2 ITS TRICKY TRACK 5 BLOCK 2 ITS TRICKY TRACK 6 BLOCK 2 ITS TRACK 7												
TRACK 5 BLOCK 2 If S Tricky TRACK 5 BLOCK 2 If S Tricky			Move 1	32 x 2	30 sec.							
TRACK 5 BLOCK 2 If S Tricky TRACK 5 BLOCK 2 If S Tricky			REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat						
TRACK 5 BLOCK 2 If ST Tricky If ST I						00:45 " 3, 2, 1, Go " to start move 2						
TRACK 5 BICOCK 2 IR'S Tricky 144 144 144 144 144 144 144 1			REST	32 x 1	15 sec.							
BLOCK 2 Move 4 32 x 2 30 sec. 0.12 0 - 0.21 5 stopped down beat 32 x 2 30 sec. 0.12 0 - 0.21 5 stopped down beat 0.24 5 - 3, 2, 1, 6 are to start move 4 0.24 5 - 3, 2, 1, 6 are to start move 4 0.24 5 - 3, 2, 1, 6 are to start move 4 0.24 5 - 3, 2, 1, 6 are to start move 4 0.24 5 - 3, 2, 1, 6 are to start move 4 0.24 5 - 3, 2, 1, 6 are to start move 6 0.24 5 - 3, 2, 1, 6 are to start move 6 0.24 5 - 3, 2, 1, 6 are to start move 6 0.24 5 - 3, 2, 1, 6 are to start move 6 0.24 5 - 3, 2, 1, 6 are to start move 1 0.24 5 - 3, 2, 1, 6 are to start move 1 0.24 5 - 3, 2, 1, 6 are to start move 1 0.24 5 - 3, 2, 1, 6 are to start move 1 0.24 5 - 3, 2, 1, 6 are to start move 2 0.24 5 - 3, 2, 1, 6 are to start move 2 0.24 5 - 3, 2, 1, 6 are to start move 3 0.24 5 - 3, 2, 1, 6 are to start move 3 0.24 5 - 3, 2, 1, 6 are to start move 3 0.24 5 - 3, 2, 1, 6 are to start move 3 0.24 5 - 3, 2, 1, 6 are to start move 3 0.24 5 - 3, 2, 1, 6 are to start move 4 0.24 5 - 3, 2, 1, 6 are to start move 4 0.24 5 - 3, 2, 1, 6 are to start move 4 0.24 5 - 3, 2, 1, 6 are to start move 4 0.24 5 - 3, 2, 1, 6 are to start move 4 0.24 5 - 3, 2, 1, 6 are to start move 4 0.24 5 - 3, 2, 1, 6 are to start move 4 0.24 5 - 3, 2, 1, 6 are to start move 5 0.24 5 - 3, 2, 1, 6 are to start move 5 0.24 5 - 3, 2, 1, 6 are to start move 5 0.24 5 - 3, 2, 1, 6 are to start move 6 0.24 5 - 3, 2, 1, 6 are to start move 6 0.24 5 - 3, 2, 1, 6 are to start move 6 0.24 5 - 3, 2, 1, 6 are to start move 6 0.24 5 - 3, 2, 1, 6 are to start move 6 0.24 5 - 3, 2, 1, 6 are to start move 6 0.24 5 - 3, 2, 1, 6 are to start move 6 0.24 5 - 3, 2, 1, 6 are to start move 6 0.24 5 - 3, 2, 1, 6 are to start move 6 0.24 5 - 3, 2, 1, 6 are to start move 6 0.24 5 - 3, 2, 1, 6 are to start move 6 0.24 5 - 3, 2, 1, 6 are to start move 6 0.24 5 - 3, 2, 1, 6 are to start move 6 0.24 5 - 3, 2, 1, 6 are to start move 6 0.24 5 - 3, 2, 1, 6 are to start move 6 0.24 5 - 3, 2, 1, 6 are t			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		1//	REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat						
Move 5 32 x 2 30 sec. 03:00 '32, 21, Recover' to stop		144	Move 4	32 x 2								
## PRST			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.							
TRACK 6			REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat						
TRACK 6 BLOCK 2 150			Move 6	32 x 2	30 sec.							
TRACK 6 BLOCK 2 150			RECOVER	32 x 4	60 sec.							
TRACK 6 BLOCK 2 Sweet Dreams (Are Made of This) TRACK 6 BLOCK 2 Sweet Dreams (Are Made of This) TRACK 7 BLOCK 2 Sucker TRACK 7 BLOCK 3 Sucker TRAC			Move 1									
TRACK 6 BLOCK 2 Move 3 32 x 2 30 sec. 00:45 "3, 2, 1, 60" to start move 2 01:15 "3, 2, 1, 1, 60" to start move 2 01:15 "3, 2, 1, 1, 60" to start move 3 02:00 "3, 2, 1, 1, 60" to start move 3 02:00 "3, 2, 1, 1, 60" to start move 3 02:00 "3, 2, 1, 1, 60" to start move 3 02:00 "3, 2, 1, 1, 60" to start move 4 02:45 "3, 2, 1, 1, 60" to start move 4 02:45 "3, 2, 1, 1, 60" to start move 4 02:45 "3, 2, 1, 1, 60" to start move 4 02:45 "3, 2, 1, 1, 60" to start move 4 02:45 "3, 2, 1, 1, 60" to start move 5 03:30 "3, 2, 1, 1, 60" to start move 5 03:30 "3, 2, 1, 1, 60" to start move 5 03:30 "3, 2, 1, 1, 60" to start move 5 03:30 "3, 2, 1, 1, 60" to start move 6 04:15 "3, 2, 1, 1, 60" to start move 6 04:15 "3, 2, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1,			REST	32 x 1	15 sec.							
TRACK 6 BLOCK 2 Sucker TRACK 7 BLOCK 3 Sucker TRACK			Move 2	32 x 2		00:45 " 3, 2, 1, Go " to start move 2						
TRACK 6 BLOCK 2 Sweet Dreams (Are Made of This) REST Move 4 32 x 1 15 sec. 02:00 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 05:45 "3, 2, 1, Go" to start move 6 06:45 "3, 2, 1, Go" to start move 6 06:45 "3, 2, 1, Go" to start move 6 07:45 "3, 2, 1, Go" to		150	REST	32 x 1	15 sec.							
SECT 32 x 1 15 sec. 02:00 - 02:45 Stripped down best				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, 60" to start move 4			REST	32 x 1	15 sec.							
## TRACK 7 BLOCK 2 Sucker ## Sucker	(Are Made of					02:15 " 3, 2, 1, Go " 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	I his)		REST	32 x 1	15 sec.							
REST 32 x 1 15 sec. 03:30-03:45 Stripped down beat						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 O4:15 "3, 2, 1, Recover" to stop			REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat						
TRACK 7 BLOCK 2 Sucker 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 Move 2 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. 01:15 "3, 2, 1, Rest" to stop Move 4 32 x 1 15 sec. 02:00 "3, 2, 1, Rest" to stop REST 32 x 2 30 sec. 02:15 "3, 2, 1, Go" to start move 4 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, Recover" to stop REST 32 x 2 30 sec. 03:00 "3, 2, 1, Recover" to stop 03:00 "3, 2, 1, Recover" to stop 03:00 "3, 2, 1, Recover" to stop			Move 6	32 x 2		03:45 " 3, 2, 1, Go " to start move 6						
TRACK 7 BLOCK 2 Sucker 160 REST			RECOVER	32 x 4	60 sec.							
TRACK 7 BLOCK 2 Sucker 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			Move 1	32 x 2	30 sec.							
TRACK 7 BLOCK 2 Sucker 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.	00:30 – 00:45 Stripped down beat						
REST												00:45 " 3, 2, 1, Go " to start move 2
TRACK 7 BLOCK 2 30 sec. 01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop Sucker 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 1	15 sec.							
REST 32 x 1 15 sec. 02:00 – 02:15 Stripped down beat	TRACK 7					01:30 "3, 2, 1, Go" to start move 3						
Sucker 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 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 " 3, 2, 1, Go " 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	1 <u>5 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 "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 sec.							
						03:45 " 3, 2, 1, Go " to start move 6						
			REST	32 x 4	60 sec.	57.15 5, 2, 1 , Recover to stop						

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 Industry	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
Baby	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
Sexy and I Know It	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
Cold Heart	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
	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
Mirror	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 In The Night	112			