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.	
TDACK 4	Move 2:	32 x 2	30 sec.	
TRACK 1 WARM UP	Move 3:	32 x 2	30 sec.	
Legends	Move 4:	32 x 2	30 sec.	
Are Made	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	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
BLOCK 1 Flex & Pump	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 Booyah	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 poin 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	Move 8:	32 x 3	45 sec.	01:30 "3, 2, 1, Work" to start move 9
Bad Blood vs. Hey Mama	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 poin 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						
TRACK SECOND 1500			Move 1	32 x 2	30 sec.	
TRACK SECOND 1500			REST	32 x 1	15 <u>sec.</u>	00:30 – 00:45 Stripped down beat
TRACK BLOCK Bling Me To life Track						00:45 " 3, 2, 1, Go " to start move 2
TRACK 5 BLOCK 2 Bring Me To Life			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, feet" to stop	TRACK 5		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, 60" to start move 4 02:45"3, 2, 1, Rest* to stop	BLOCK 2	150	REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Move 5	•	130	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, 60* to start move 6 04:15*3, 2 1, Recover* to stop			Move 5	32 x 2	30 sec.	
TRACK 6 BLOCK 2 Move 1 Move 2 32 x 2 30 sec. 00:00 "3, 2, 1, Hit it" to start move 2 00:30 "3, 2, 1, Rest" to stop			REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
TRACK 6 BLOCK 2 Midnight Sky			Move 6	32 x 2	30 sec.	
Move 1 32 x 2 30 sec. 00:00 "3, 2, 1, Hit it" to start move 1			RECOVER	32 x 4	60 sec.	
TRACK 6 BLOCK 2 Midnight Sky Move 3 32 x 2 30 sec. 00:45 "3, 2, 1, 60" to start move 2 01:15 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 01:15 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Go" to start move 4 02:00 "3, 2, 1, Rest" to stop REST 32 x 1 Move 4 32 x 2 30 sec. 02:00 "2.15 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop REST 32 x 1 Move 5 32 x 2 30 sec. 03:00 "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, Resver" to stop REST 32 x 1 Move 6 32 x 2 30 sec. 03:45 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Rest" to stop REST 32 x 1 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 Move 2 32 x 2 30 sec. 00:00 "3, 2, 1, Rest" to stop REST 32 x 1 Move 2 32 x 2 30 sec. 00:00 "3, 2, 1, Rest" to stop REST Move 3 32 x 2 30 sec. 00:00 "3, 2, 1, Rest" to stop REST Move 4 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST Move 4 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST Move 4 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST Move 4 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST Move 4 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST Move 4 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST Move 4 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST Move 5 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST Move 6 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST Move 6 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST Move 6 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST Move 6 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST Move 6 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST Move 6 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST Move 6 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST Move 6 32 x 2 30 sec. 00:30 "3, 2, 1, Res			Move 1	32 x 2		
TRACK 6 BLOCK 2 Midnight Sky Move 3 32 x 1 1500 Move 4 32 x 2 30 sec. 1500 Move 4 32 x 1 15 sec. 1500 Move 5 32 x 1 15 sec. 1500 Move 6 32 x 2 30 sec. 1500 Move 1 32 x 2 30 sec. 32 x 2 30 sec. 32 x 3 32 x 2 30 sec. 32 x 3 32 x 3 32 x 2 32 sec. 32 x 1 33 x 2 30 sec. 32 x 2 30 sec. 32 x 3 32 x 3 32 x 2 32 x 3 33 sec. 33 x 3 x 1, Hit it" to start move 1 32 x 2 30 sec. 30 x 3 x 1, Hit it" to start move 1 32 x 2 30 sec. 30 x 3 x 1, Rest" to stop AEST ANOVE 2 32 x 2 30 sec. 30 x 3 x 1, Rest" to stop 32 x 2 30 sec. 30 x 3 x 1, Rest" to stop 32 x 2 30 sec. 30 x 3 x 1, Rest" to stop 32 x 2 30 sec. 30 x 3 x 1, Rest" to stop 32 x 2 30 sec. 30 x 3 x 1, Rest" to stop 32 x 2 30 sec. 30 x 3 x 1, Rest" to stop 32 x 2 30 sec. 30 x 3 x 1, Rest" to stop 32 x 2 30 sec. 30 x 3 x 1, Rest" to stop 32 x 2 30 sec. 30 x 3 x 1, Rest" to stop 32 x 2 30 sec. 30 x 3 x 1, Rest" to stop 32 x 2 30 sec. 30 x 3 x 1, Rest" to stop 32 x 2 30 sec. 30 x 3 x 1, Rest" to stop 32 x 2 30 sec. 30 x 3 x 1, Rest" to stop 32 x 2 30 sec. 30 x 3 x 1, Rest" to stop 32 x 2 30 sec. 30 x 3 x 1, Rest" to stop 32 x 2 30 sec. 30 x 3 x 1, Rest" to stop 32 x 2 30 sec. 30 x 3 x 1, Rest" to stop 30 x 3 x 1, Re			REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
TRACK 6 BLOCK 2 Midnight Sky Move 4 REST Move 4 32 x 2 30 sec. 01:30 "3, 2, 1, Rest" to stop REST Move 4 32 x 2 30 sec. 02:15 "3, 2, 1, Rest" to stop REST Move 5 32 x 1 15 sec. 02:45 "3, 2, 1, Rest" to stop REST Move 6 32 x 2 30 sec. 03:00 "3, 2, 1, Rest" to stop REST Move 6 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 Move 1 32 x 1 15 sec. 03:30 03:45 Stripped down beat 04:15 "3, 2, 1, Recover" to stop RECOVER REST 32 x 1 Move 1 32 x 2 30 sec. 00:00 "3, 2, 1, Hit it" to start move 6 04:15 "3, 2, 1, Rest" to stop REST 32 x 1 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 REST 32 x 1 Move 2 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 3 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 3 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 3 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 4 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 4 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 4 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 4 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 5 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 5 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 5 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop 00:30			Move 2	32 x 2	30 sec.	
TRACK 6 BLOCK 2 Midnight Sky Move 4 150 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, Recover" 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 60 sec. Move 1 32 x 2 30 sec. 00:30 "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 "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 "03, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:30 "03, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 2 32 x 2 30 sec. 00:45 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 3 32 x 2 30 sec. 00:45 "3, 2, 1, Rest" to stop REST 32 x 1 Move 3 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 3 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 4 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 4 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 4 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 5 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 5 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop 02:15 "3, 2, 1, Rest" to stop REST Move 5 32 x 2 30 sec. 03:30 "3, 2, 1, Rest "to stop 02:45 "3, 2, 1, Rest" to stop 02:45 "3,		150	REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
TRACK 6 BLOCK 2 Midnlight Sky			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 " 3, 2, 1, Go " to start move 4
Move 5 32 x 2 30 sec. 03:00 "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 "3, 2, 1, Go" to start move 5
## TRACK 7 BLOCK 2 Hollaback vs. Fancy 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 Hollaback vs. Fancy 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 REST 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 - 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. 02:05 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 02:05 "3, 2, 1, Go" to start move 6 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. 03:30-03:45 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 6	32 x 2	30 sec.	
TRACK 7 BLOCK 2 Hollaback vs. Fancy Move 4 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop			RECOVER	32 x 4	60 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			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 Hollaback vs. Fancy 155 32 x 2 Move 4 32 x 2 30 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 02:45 "3, 2, 1, Rest" to stop REST 32 x 1 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 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 Hollaback vs. Fancy REST 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 1	15 sec.	
REST 32 x 1 15 sec. 02:00 – 02:15 Stripped down beat						01:30 " 3, 2, 1, Go " to start move 3
Hollaback vs. Fancy 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 Move 5 32 x 2 30 sec. 03:00 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Recover" to stop REST 32 x 4 15 sec. 03:30-03:45 Stripped down beat 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		155				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	15 sec	•
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 <u>sec.</u>	
						03:45 " 3, 2, 1, Go " to start move 6
			REST	32 x 4	60 sec.	2, 2, 2, 132223. 10 310p

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
Stay	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
	B F O F	224	A .	05 00 ((2 2 4 14/
	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, Work to start Move 1 00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
	Move 1: Move 2:			00:20 "3, 2, 1, Rest, Cycle 1
		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"
TRACK 9 BLOCK 3	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"
	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 Blinding	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" to stop 02:30 "3-2-1 Work" to start Move 6 02:50 "3-2-1 Rest, Cycle 6 Complete" to stop
BLOCK 3 Blinding	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" 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 Blinding	Move 2: Move 3: Move 4: Move 5: Move 6:	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 "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
Bad Habits	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:		45 sec.	03:15 " 3, 2, 1, Go " to start Move 4
	REST		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	Move 2:		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
Sacrifice	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 22 sec)

SECTION	вРМ	DESCRIPTION	COUNTS	TIME
TRACK 12 COOL DOWN Skate	112			_