

**MIX & MATCH NOW – SEPTEMBER 2021**

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

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 WARM UP <i>Legends Are Made</i>	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 <i>Flex &amp; Pump</i>	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 <i>Booyah</i>	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 <i>Bad Blood vs. Hey Mama</i>	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
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<b>TRACK 5</b> BLOCK 2 <i>Bring Me To Life</i>	150	<b>Move 1</b>	32 x 2	30 sec.	00:00 " <b>3, 2, 1, Hit it</b> " to start move 1 00:30 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		<b>Move 2</b>	32 x 2	30 sec.	00:45 " <b>3, 2, 1, Go</b> " to start move 2 01:15 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		<b>Move 3</b>	32 x 2	30 sec.	01:30 " <b>3, 2, 1, Go</b> " to start move 3 02:00 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		<b>Move 4</b>	32 x 2	30 sec.	02:15 " <b>3, 2, 1, Go</b> " to start move 4 02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		<b>Move 5</b>	32 x 2	30 sec.	03:00 " <b>3, 2, 1, Go</b> " to start move 5 03:30 " <b>3, 2, 1, Recover</b> " to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		<b>Move 6</b>	32 x 2	30 sec.	03:45 " <b>3, 2, 1, Go</b> " to start move 6 04:15 " <b>3, 2, 1, Recover</b> " to stop
RECOVER	32 x 4	60 sec.			
<b>TRACK 6</b> BLOCK 2 <i>Midnight Sky</i>	150	<b>Move 1</b>	32 x 2	30 sec.	00:00 " <b>3, 2, 1, Hit it</b> " to start move 1 00:30 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		<b>Move 2</b>	32 x 2	30 sec.	00:45 " <b>3, 2, 1, Go</b> " to start move 2 01:15 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		<b>Move 3</b>	32 x 2	30 sec.	01:30 " <b>3, 2, 1, Go</b> " to start move 3 02:00 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		<b>Move 4</b>	32 x 2	30 sec.	02:15 " <b>3, 2, 1, Go</b> " to start move 4 02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		<b>Move 5</b>	32 x 2	30 sec.	03:00 " <b>3, 2, 1, Go</b> " to start move 5 03:30 " <b>3, 2, 1, Recover</b> " to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		<b>Move 6</b>	32 x 2	30 sec.	03:45 " <b>3, 2, 1, Go</b> " to start move 6 04:15 " <b>3, 2, 1, Recover</b> " to stop
RECOVER	32 x 4	60 sec.			
<b>TRACK 7</b> BLOCK 2 <i>Hollaback vs. Fancy</i>	155	<b>Move 1</b>	32 x 2	30 sec.	00:00 " <b>3, 2, 1, Hit it</b> " to start move 1 00:30 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		<b>Move 2</b>	32 x 2	30 sec.	00:45 " <b>3, 2, 1, Go</b> " to start move 2 01:15 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		<b>Move 3</b>	32 x 2	30 sec.	01:30 " <b>3, 2, 1, Go</b> " to start move 3 02:00 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		<b>Move 4</b>	32 x 2	30 sec.	02:15 " <b>3, 2, 1, Go</b> " to start move 4 02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		<b>Move 5</b>	32 x 2	30 sec.	03:00 " <b>3, 2, 1, Go</b> " to start move 5 03:30 " <b>3, 2, 1, Recover</b> " to stop
		REST	32 x 4	15 sec.	03:30-03:45 Stripped down beat
		<b>Move 6</b>	32 x 2	30 sec.	03:45 " <b>3, 2, 1, Go</b> " to start move 6 04:15 " <b>3, 2, 1, Recover</b> " 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
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TRACK 8 BLOCK 3 <i>Stay</i>	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 <i>Blinding Lights</i>	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 <i>Bad Habits</i>	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

TRACK 11 BLOCK 4 <i>Sacrifice</i>	<b>Move 4:</b>	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
	<b>Move 1:</b>	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
	<b>Move 2:</b>	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
	<b>Move 3:</b>	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
	<b>Move 4:</b>	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	BPM	DESCRIPTION	COUNTS	TIME
TRACK 12 COOL DOWN <i>Skate</i>	112			