MIX & MATCH NOW – SEPTEMBER 2022

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.	
Yeah!	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	Move 2:	32 x 3	45 sec.	02:00 "3, 2, 1, Work" to start move 3
BLOCK 1 True 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 Hot In It	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 Vegas	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. 00.00° 3, 2, 1, Hit it* to start move 1 00.00° 3, 2, 1, Hit it* to start move 2 11.51 15 sec. 00.00° 3, 2, 1, Hit it* to start move 2 00.00° 3, 2, 1, Hit it* to start move 2 00.00° 3, 2, 1, Hit it* to start move 2 00.00° 3, 2, 1, Hit it* to start move 2 00.00° 3, 2, 1, Hit it* to start move 3 00.00° 3, 2, 1, Hit it* to start move 3 00.00° 3, 2, 1, Hit it* to start move 3 00.00° 3, 2, 1, Hit it* to start move 3 00.00° 3, 2, 1, Hit it* to start move 3 00.00° 3, 2, 1, Hit it* to start move 4 00.00° 3, 2, 1, Hit it* to start move 4 00.00° 3, 2, 1, Hit it* to start move 4 00.00° 3, 2, 1, Hit it* to start move 4 00.00° 3, 2, 1, Hit it* to start move 5 00.00° 3, 2, 1, Hit it* to start move 5 00.00° 3, 2, 1, Hit it* to start move 5 00.00° 3, 2, 1, Hit it* to start move 5 00.00° 3, 2, 1, Hit it* to start move 5 00.00° 3, 2, 1, Hit it* to start move 5 00.00° 3, 2, 1, Hit it* to start move 6 00.00° 3, 2, 1, Hit it* to start move 6 00.00° 3, 2, 1, Hit it* to start move 6 00.00° 3, 2, 1, Hit it* to start move 6 00.00° 3, 2, 1, Hit it* to start move 1 00.00° 3, 2, 1, Hit it* to start move 1 00.00° 3, 2, 1, Hit it* to start move 1 00.00° 3, 2, 1, Hit it* to start move 1 00.00° 3, 2, 1, Hit it* to start move 1 00.00° 3, 2, 1, Hit it* to start move 1 00.00° 3, 2, 1, Hit it* to start move 1 00.00° 3, 2, 1, Hit it* to start move 2 00.00° 3, 2, 1, Hit it* to start move 3 00.00° 3, 2, 1, Hit it* to start move 4 00.00° 3, 2, 1, Hit it* to start move 4 00.00° 3, 2, 1, Hit it* to start move 3 00.00° 3, 2, 1, Hit it* to start move 4 00.00° 3, 2, 1, Hit it* to start move 4 00.00° 3, 2, 1, Hit it* to start move 5 00.00° 3, 2, 1, Hit it* to start move 6 00.00° 3, 2, 1, Hit it* to start move 6 00.00° 3, 2, 1, Hit it* to start move 6 00.00° 3, 2, 1, Hit it* to start move 6 00.00° 3, 2, 1, Hit it* to start move 6 00.00° 3, 2, 1, Hit it* to start move 6 00.00° 3, 2, 1, Hit it* to start move 6 00.00° 3, 2, 1, Hit it*						
TRACK 5 BIOCK 2 Rigole Rigide TRACK 5 BIOCK 2 Rigole Rigide TRACK 6 BIOCK 2 Toole TRACK 7 BIOCK 2 TOOLE TRACK			Move 1	32 x 2	30 sec.	
TRACK 5 BLOCK 2 INGEL CONTROL TRACK 5 BLOCK 2 TRACK 6 BLOCK 2 TRACK 7 BLOCK 2			REST	32 x 1	15 sec.	,
TRACK 5 BLOCK 2 Higgle Higgle 144 144 144 144 144 144 144 1						00:45 " 3, 2, 1, Go " to start move 2
### TRACK 5 BLOCK 2 #### ### ### ### ### ### ### ### ###			REST	32 x 1	15 sec.	
BIOCK 2 ## ## ## ## ## ## ##	TD A CW F		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, 60" to start move 4 02.45 "3, 2, 1, Rest" to stop		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 BLOCK 2 Toxic			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. 00.415 "3, 2, 1, Rest" to stop			REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
TRACK 6 BLOCK 2 Toxic Toxic Move 1 32 x 2 30 sec. 32 x 1 15 sec. 32 x 1 15 sec. 32 x 2 30 sec. 32 x 2 30 sec. 32 x 1 15 sec. 32 x 1 15 sec. 32 x 2 30 sec. 32 x 2 30 sec. 32 x 1 15 sec. 32 x 2 30 sec. 32 x 2 30 sec. 32 x 1 30 sec. 32 x 1 32 x 2 30 sec. 32 x 2 30 sec. 32 x 2 30 sec. 32 x 3 30 sec. 32 x 2 30 sec. 32 x 3 30 sec. 33 x 3			Move 6	32 x 2	30 sec.	
TRACK 6 BLOCK 2 Toxic 160 160 160 160 160 160 160 16			RECOVER	32 x 4	60 sec.	
TRACK 6 BLOCK 2 Toxic 160 REST			Move 1	32 x 2	30 sec.	
TRACK 6 BLOCK 2 Toxic 160 160 160 160 160 160 160 16			REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
TRACK 6 BLOCK 2 Toxic Move 4 32 x 1 15 sec. 02:00 "3, 2, 1, Rest" to stop Move 4 32 x 2 30 sec. 02:15 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 02:45 "30.00 Stripped down beat Move 5 32 x 2 30 sec. 03:30 "3, 2, 1, Rest" to stop 02:45 "30.00 Stripped down beat 03:00 "3, 2, 1, Rest" to stop 03:30 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 03:30 "3, 2, 1, Recover" to stop 03:45 "3, 2, 1, Recover" to stop 16:00		160	Move 2	32 x 2		
TRACK 6 BLOCK 2 Toxic			REST	32 x 1	15 sec.	i
BLOCK 2	TDACK		Move 3	32 x 2	30 sec.	
Move 4 32 x 2 30 sec. 02:45 "3, 2, 1, Rest" to stop			REST	32 x 1	15 sec.	
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.	
Move 5 32 x 2 30 sec. 03:30 "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		30 sec.	03:30 "3, 2, 1 , Recover " to stop
Move 6 32 x 2 30 sec. 04:15 "3, 2, 1, Recover" to stop			REST	32 x 1	15 sec.	
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					30 sec.	
REST 32 x 1 15 sec. 00:30 "3, 2, 1, Rest" to stop			RECOVER	32 x 4	60 sec.	
TRACK 7 BLOCK 2 Everybody Dance Now (Rock This Party) 160 REST Move 3 32 x 2 30 sec. 32 x 2 30 sec. 00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop 160 REST 32 x 2 30 sec. 01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop 160 REST 32 x 1 15 sec. 01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop 15 sec. 02:00 - 02:15 Stripped down beat 02:45 "3, 2, 1, Rest" to stop 160 REST 32 x 1 15 sec. 02:45-03:00 Stripped down beat 02:45 "3, 2, 1, Rest" to stop 160 REST 32 x 2 30 sec. 03:00 "3, 2, 1, Rest" to stop 15 sec. 03:30 "3, 2, 1, Recover" to stop 160 REST 32 x 2 30 sec. 03:45 "3, 2, 1, Recover" to stop 160 160 160 160 160 160 160 16			Move 1	32 x 2	30 sec.	
TRACK 7 BLOCK 2 Everybody Dance Now (Rock This Party) REST			REST	32 x 1	15 sec.	
TRACK 7 BLOCK 2 Everybody Dance Now (Rock This Party) 160 REST 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 "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 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. 03:30 -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						01:15 " 3, 2, 1, Rest " to stop
BLOCK 2 Everybody Dance Now (Rock This Party) REST Move 4 REST 32 x 2 30 sec. 32 x 2 30 sec. 02:00 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 02:05 "3, 2, 1, Go" to start move 4 02:15 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop REST 32 x 2 30 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	TD 4 CV 7			32 x 1	15 sec.	
Dance Now (Rock This Party) 160 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	BLOCK 2			32 x 2	30 sec.	
(Rock This Party) 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	, ,	160	REST	32 x 1	15 sec.	
Move 5 32 x 2 30 sec. 02:45-03:00 Stripped down beat REST 32 x 2 30 sec. 03:00 "3, 2, 1, Go" to start move 5 or one of the 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 or one of or one of the start move 6 o	(Rock This	100				02:45 " 3, 2, 1, Rest " to stop
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.	
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						
32 x 2 30 sec. 04:15 "3, 2, 1, Recover " to stop			REST	32 x 4	15 sec.	
REST 32 x 4 60 sec.			Move 6	32 x 2	30 sec.	
			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
Yeah 3x	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
We Like To Party	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 my ex's best friend	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

	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	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
Don't	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 Betty (Get Money)	102			