MIX & MATCH NOW - APRIL 2021

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

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
	Prep	32 x 1	15 sec.	
TRACK 1	Move 1:	32 x 2	30 sec.	
WARM UP	Move 2:	32 x 2	30 sec.	
Gonna Fly	Move 3:	32 x 2	30 sec.	
Now	Move 4:	32 x 2	30 sec.	
(Theme	Move 5:	32 x 2	30 sec.	
from "Rocky")	Move 6:	32 x 2	30 sec.	
] NOCKY /	Move 7:	32 x 2	30 sec.	
	Move 8:	32 x 2	30 sec.	
	Move 9:	32 x 2	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
Smells Like Teen Spirit	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 No Name	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 3 45 sec. 01:30 "3, 2, 1, 2, 2, 3, 2, 2, 3, 3, 2, 1, 3, 2, 2, 3, 3, 2, 1, 3, 3, 2, 4, 3, 3, 3, 4, 4, 1 min. 03:30 "Don't 1, 2, 2, 3, 3, 3, 4, 1 min. 03:30 "Don't 1, 2, 3, 3, 4, 1 min. 03:30 "Don't 1, 2, 3, 3, 4, 1 min. 03:30 "Don't 1, 2, 3, 3, 4, 1 min. 03:30 "Don't 1, 2, 3, 4, 1 min. 03:30 "Don't 1, 2, 4, 4, 4, 4, 4, 4, 4, 4, 4, 4, 4, 4, 4,	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.	45 sec.	00:45 "3, 2, 1, Go" to start move 8	
TRACK 4 BLOCK 1 Eye Of The Tiger	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 poin 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 32 x 2 30 sec. 0.000 "3, 2, 1, Hith it" to start move 1 15 sec. 0.000 "3, 2, 1, Hith it" to start move 2 0.000 "3, 2, 1, Hith it" to start move 2 0.000 "3, 2, 1, Rest" to stop 0.15 "3, 2, 1, R						
TRACK 5 BLOCK 2 Levitoting			Move 1	32 x 2	30 sec.	
TRACK 5 BLOCK 2 Levitoting			REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
TRACK 5 BLOCK 2 Levitating						00:45 " 3, 2, 1, Go " to start move 2
TRACK 5 BLOCK 2 Levitoting 144 144 144 144 155			REST	32 x 1	15 sec.	
REST 144	-					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		144	REST	32 x 1	15 sec.	·
Move 5 32 x 2 30 sec. 03:00 '32, 21, Recover' to stop		144	Move 4			02:15 " 3, 2, 1, Go " to start move 4
Move 5 32 x 2 30 sec. 03:00 '32, 21, Recover' to stop			REST	32 x 1	15 sec.	·
REST 32 x 2 30 sec. 03.46 "32, 2, 1, Go" to start move 6 04.15 "3, 2, 1, Hit H" 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
Move 6 32 x 2 30 sec. 0345 "3, 2, 1, Go" to start move 6 0415 "3, 2, 1, Rescriver" to stop			REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
RECOVER 32 x 2 30 sec. 00:00 "3, 2, 1, Hit it" to start move 1			Move 6	32 x 2	30 sec.	
## TRACK 6 BLOCK 2 ## HAT'S ## POPPIN' TRACK 7 BLOCK 2 ## Buss It Move 1 32 x 2 30 sec. 00:30 "3, 2, 1, lest" to start move 1 0:10 stripped down beat			RECOVER	32 x 4	60 sec.	
TRACK 6 BLOCK 2 WHAT'S POPPIN' 150 REST 1			Move 1			
TRACK 6 BLOCK 2 WHAT'S POPPIN' 150 REST 1			REST	32 x 1	15 sec.	
TRACK 6 BLOCK 2 WHAT'S POPPIN'			Move 2	32 x 2		
TRACK 6 BLOCK 2 WHAT'S POPPIN'			REST	32 x 1	15 sec.	
REST 32 x 1 15 sec. 02:00 - 02:45 Stripped down beat	TRACK 6	150		32 x 2		01:30 " 3, 2, 1, Go " to start move 3
Move 4 REST Move 5 REST Move 6 RECOVER Move 1 REST RES			REST	32 x 1	15 sec.	
TRACK 7 BLOCK 2 Buss It 150	WHAT'S					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	WHAT'S		REST	32 x 1	15 sec.	
REST 32 x 1 15 sec. 03:30-03:45 Stripped down beat			Move 5			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.	
TRACK 7 BLOCK 2 Buss It 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 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 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 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 5 32 x 2 30 sec. 03:00 "3, 2, 1, Rest" to stop Move 6 32 x 2 30 sec. <td rowspan<="" td=""><td></td><td></td><td></td><td></td><td>03:45 "3, 2, 1, Go" to start move 6</td></td>	<td></td> <td></td> <td></td> <td></td> <td>03:45 "3, 2, 1, Go" to start move 6</td>					
TRACK 7 BLOCK 2 Buss It 150 REST			RECOVER	32 x 4	60 sec.	
TRACK 7 BLOCK 2 Buss It Move 3 150 REST Move 4 REST Move 4 REST Move 5 REST Move 5 REST Move 6 Move 6 Move 6 REST 32 x 2 30 sec. 00:45 "3, 2, 1, Go" to start move 2 01:15 -01:30 Stripped down beat 02:15 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop 02:00 "3, 2, 1, Rest" to stop 02:15 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop 02:45 "3, 2, 1, Rest" to stop 02:45 "3, 2, 1, Rest" to stop 03:30 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Recover" to stop 03:45 "3, 2, 1, Recover" to stop 03:45 "3, 2, 1, Recover" to stop 03:45 "3, 2, 1, Recover" to stop			Move 1	32 x 2	30 sec.	1
TRACK 7 BLOCK 2 Buss It Move 3 150 REST Move 4 REST Move 4 REST Move 5 REST Move 5 REST Move 6 Move 6 Move 6 REST 32 x 2 30 sec. 00:45 "3, 2, 1, Go" to start move 2 01:15 -01:30 Stripped down beat 02:15 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop 02:00 "3, 2, 1, Rest" to stop 02:15 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop 02:45 "3, 2, 1, Rest" to stop 02:45 "3, 2, 1, Rest" to stop 03:30 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Recover" to stop 03:45 "3, 2, 1, Recover" to stop 03:45 "3, 2, 1, Recover" to stop 03:45 "3, 2, 1, Recover" 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 Buss It 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 2 30 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 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. 03:00 "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.	
BLOCK 2 Buss It Move 4 REST Move 5 REST RES	TRACK 7		Move 3			01:30 " 3, 2, 1, Go " to start move 3
Buss It 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. 02:45-03:00 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				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 sec.	
						03:45 " 3, 2, 1, Go " to start move 6
			REST	32 x 4	60 sec.	5 25 5, 2, 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1.

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
We're Good	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
Get Down	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
		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
Lifestyle	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 BLOCK 4	Move 2:		45 sec.	01:15 " 3, 2, 1, Go " to start Move 2	
Nice To	REST	32 x 1	15 sec.	02:00 " 3, 2, 1, Rest " to stop	
Meet Ya	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 COOLDOWN (4 min 35 sec)

SECTION	ВРМ	DESCRIPTION	COUNTS	TIME
TRACK 12				
COOL DOWN	100			
Only Wanna Be With You	100			
(Pokémon 25 Version)				