MIX & MATCH NOW – JULY 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.	
hot girl	Move 4:	32 x 2	30 sec.	
bummer	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 BLOCK 1	Move 2:	32 x 3	45 sec.	02:00 "3, 2, 1, Work" to start move 3
Coming In Hot	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	45 sec. 01:15 "3, 2, 1, Go" to star 45 sec. 02:00 "3, 2, 1, Work" to star 02:30 "Don't Stop" at the 03:00 "3, 2, 1, Rest" to star 04:00 "Don't Stop" at the 04:30 "3, 2, 1, Recover" to 04:30 "3, 2, 1, Recover" to 04:30 "3, 2, 1, Recover" to 04:30 "3, 2, 1, Go" to star 04:5 sec. 05:30 "3, 2, 1, Work" to star 02:30 "3, 2, 1, Rest" to star 02:30 "3, 2, 1, Rest" to star 03:30 "Con't Stop" at the 02:30 "3, 2, 1, Recover" to 03:30 "Don't Stop" at the 04:00 "3, 2, 1, Recover" to 04:00 "3, 2, 1, Rest" to star 04:5 sec. 01:30 "3, 2, 1, Rest" to star 02:30 "3, 2, 1, Rest" to star 02:30 "3, 2, 1, Rest" to star 03:30 "Don't Stop" at the 02:30 "3, 2, 1, Rest" to star 03:30 "Don't Stop" at the 02:30 "3, 2, 1, Rest" to star 03:30 "3, 2, 1, Rest" to star 04:30 "3, 2, 1, Rest" to sta	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 BLOCK 1 Rock Star	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 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.	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 CLOUDS	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

Move 1	· · · · · · · · · · · · · · · · · · ·		į.			
TRACK 5 BLOCK 2 144 TRACK 5 BLOCK 2 146 TRACK 6 BLOCK 2 TRACK 7 BLOCK			Move 1	32 x 2	30 sec.	
TRACK 5 BLOCK 2 U Con't Touch This TRACK 6 BLOCK 2 U Con't Touch This TRACK 7 BLOCK 2 U Con't Touch This TRACK 7 BLOCK 2 T			REST	32 x 1	15 sec.	•
## TRACK 5 BLOCK 2 U Conft Touch This ## TRACK 5 BLOCK 2 U Conft Touch This ## TRACK 5 BLOCK 2 U Conft Touch This ## TRACK 6 BLOCK 2 U Conft Touch This ## TRACK 7 BLOCK 2 U Conft Touch This ## TRACK 7 BLOCK 2 U Conft Touch This ## TRACK 7 BLOCK 2 U Conft Touch This ## TRACK 7 BLOCK 2 U Conft Touch This ## TRACK 7 BLOCK 2 U Conft Touch This ## TRACK 7 BLOCK 2 U Conft Touch This ## TRACK 7 BLOCK 2 U Conft Touch This ## TRACK 7 BLOCK 2 U Conft Touch This ## TRACK 7 BLOCK 2 U Conft Touch This ## TRACK 7 BLOCK 2 U Conft Touch This ## TRACK 7 BLOCK 2 U Conft Touch This ## TRACK 7 BLOCK 2 U Conft Touch This ## Track 7 BLOCK 2 U Conft Touch This ## Track 7 BLOCK 2 U Conft Touch This ## Track 7 BLOCK 2 U Conft Touch This ## Track 7 BLOCK 2 U Conft Touch This ## Track 7 BLOCK 2 U Conft Touch This ## Track 7 BLOCK 2 U Conft Touch This ## Track 7 BLOCK 2 U Conft Touch This ## Track 7 BLOCK 2 U Conft Touch This ## Track 7 BLOCK 2 U Conft Touch This ## Track 7 BLOCK 2 U Conft Touch This ## Track 7 BLOCK 2 U Conft Touch This ## Track 7 BLOCK 2 U Conft Touch This ## Track 7 BLOCK 2						00:45 " 3, 2, 1, Go " to start move 2
TRACK 5 BIOCK 2 U Can't Touch This Move 3 32 x 2 30 sec. 0.130 °3, 2, 1, 60° to start move 3 0.200 °3, 2, 1, 60° to start move 4 0.245 °3, 2, 1, 60° to start move 4 0.245 °3, 2, 1, 60° to start move 4 0.245 °3, 2, 1, 60° to start move 5 0.300 °3, 2, 1, 11 to 5 0.300			REST	32 x 1	15 sec.	
### 1444 Move 4	TRACK 5					01:30 " 3, 2, 1, Go " to start move 3
Move 4 32 x 2 30 sec. 02.15 "3, 2 1, Ref "to start move 4 02.45 "3, 2 1, Rest" to stop	BLOCK 2	1//	REST	32 x 1	15 sec.	
Move 5 32 x 2 30 sec. 03:00 **3, 2, 1, 60° to start move 5 03:30 **3, 2, 1, 60° to start move 5 03:30 **3, 2, 1, 60° to start move 6 03:00 **3, 2, 1, 10		144	Move 4	32 x 2		
Nove 1 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. 0345 "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			REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
TRACK 6 ELOCK 2 TREST TRACK 7 BLOCK 2 TREST TRACK 7 TRACK 7 BLOCK 2 TREST TRACK 7 BLOCK 2 TREST TRACK 7 BLOCK 2 TREST TRACK 7 TR			Move 6	32 x 2	30 sec.	
TRACK 6 BLOCK 2 C'mon N Ride It (The Train) TRACK 6 BLOCK 2 Push It Again TRACK 7 BLOCK 2 TRACK 7 BLOCK 2 TRACK 7 BLOCK 2 TRACK 7 BLOCK 2 TRACK 7 BLO			RECOVER	32 x 4	60 sec.	
TRACK 6 BLOCK 2 Crown N Ride It (The Train)			Move 1	32 x 2	30 sec.	
TRACK 6			REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
TRACK 6 BLOCK 2 Cromon N Ride It (The Train)			Move 2	32 x 2	30 sec.	
TRACK 6 BLOCK 2 Cromn N Ride It (The Train)			REST	32 x 1	15 sec.	
Move 4 32 x 2 30 sec. 02:15 "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 03:20 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Rest" to stop	TRACK 6		Move 3	32 x 2	30 sec.	
Move 4 32 x 2 30 sec. 02:45 "3, 2, 1, Rest" to stop	BLOCK 2	150	REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
REST 32 x 1 15 sec. 02:45-03:00 Stripped down beat		150	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.	02:45-03:00 Stripped down beat
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			Move 5	32 x 2	30 sec.	
Move 5 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			Move 6		30 sec.	
TRACK 7 BLOCK 2 Push It Again 160 REST 32 x 1 15 sec. 15 sec. 160 REST 32 x 1 15 sec. 160 REST REST 32 x 1 15 sec. 160 REST REST 32 x 1 15 sec. 160 REST REST REST 160 REST R			RECOVER	32 x 4	60 sec.	
TRACK 7 REST 32 x 1 15 sec. 01:15 - 01:30 Stripped down beat			Move 1	32 x 2	30 sec.	
TRACK 7 BLOCK 2 Push It Again REST BLOCK 2 Push It Again REST REST BLOCK 2 Push It Again REST REST BLOCK 2 Push It Again REST BLOCK 2 REST BLOCK 3 REST BLOCK 2 REST BLOCK			REST	32 x 1	15 sec.	
TRACK 7 BLOCK 2 Push It Again 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 Move 4 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 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			Move 2	32 x 2	30 sec.	01:15 " 3, 2, 1, Rest " to stop
TRACK 7 BLOCK 2 Push It Again 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 over 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 over 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 over to stop			REST	32 x 1	15 sec.	
REST 32 x 2 30 sec. 02:00 – 02:15 Stripped down beat	TRACK 7		Move 3	32 x 2	30 sec.	
Push It Again 30 sec. 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 4 15 sec. 03:30-03:45 Stripped down beat Move 6 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.	02:00 – 02:15 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	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, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop			Move 5	32 x 2	30 sec.	
32 x 2 30 sec. 04:15 "3, 2, 1, Recover " to stop			REST	32 x 4	15 sec.	03:30-03:45 Stripped down beat
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
TRACK 8 BLOCK 3	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
Неаvy	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
Just Like Fire	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
Anaconda	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	
Yeah!	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 12 sec)

SECTION	врм	DESCRIPTION	COUNTS	TIME
TRACK 12 COOL DOWN Save Your Tears (Duet Remix)	118			