MIX & MATCH NOW – JUNE 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.	
	Move 2:	32 x 2	30 sec.	
TRACK 1	Move 3:	32 x 2	30 sec.	
WARM UP	Move 4:	32 x 2	30 sec.	
Summer	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 Boys	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 BLOCK 1	Move 5:	32 x 3	45 sec.	01:30 "3, 2, 1, Work" to start move 6
MONTERO (Call Me By Your	Move 6:	32 x 4	1 min.	02:00 " Don't Stop " at the halfway poin 02:30 " 3, 2, 1, Rest " to stop
Name)	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 What's Next	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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Nove 5												
TRACK S BLOCK			Move 1	32 x 2	30 sec.							
TRACK S BLOCK			REST	32 x 1	15 sec.							
TRACK BLOCK Separate Ways Separate Way						00:45 " 3, 2, 1, Go " to start move 2						
TRACK Sellock 2 Separate Ways Separate			REST	32 x 1	15 sec.							
Move 4 32 x 2 30 sec. 02:15 * 3, 2, 1, 60° to start move 4 02:25 * 3, 2, 1, 80° to start move 4 02:25 * 3, 2, 1, 80° to start move 4 02:25 * 3, 2, 1, 80° to start move 5 03:20° 3, 2, 1, 80° to start move 5 03:20° 3, 2, 1, 80° to start move 5 03:20° 3, 2, 1, 80° to start move 5 03:20° 3, 2, 1, 80° to start move 6 03:20° 3, 2, 1, 80° to start move 6 03:20° 3, 2, 1, 80° to start move 6 03:20° 3, 2, 1, 80° to start move 6 03:20° 3, 2, 1, 80° to start move 6 03:20° 3, 2, 1, 80° to start move 6 03:20° 3, 2, 1, 80° to start move 6 03:20° 3, 2, 1, 80° to start move 6 03:20° 3, 2, 1, 80° to start move 1 03:20° 3, 2, 1, 80° to start move 2 03:20° 3, 2, 1, 80° to start move 2 03:20° 3, 2, 1, 80° to start move 2 03:20° 3, 2, 1, 80° to start move 2 03:20° 3, 2, 1, 80° to start move 2 03:20° 3, 2, 1, 80° to start move 2 03:20° 3, 2, 1, 80° to start move 2 03:20° 3, 2, 1, 80° to start move 2 03:20° 3, 2, 1, 80° to start move 3 03:20° 3, 2, 1, 80° to start move 3 03:20° 3, 2, 1, 80° to start move 4 03:20° 3, 2, 1, 80° to start move 4 03:20° 3, 2, 1, 80° to start move 4 03:20° 3, 2, 1, 80° to start move 5 03:20° 3, 2, 1, 80° to start move 5 03:20° 3, 2, 1, 80° to start move 5 03:20° 3, 2, 1, 80° to start move 5 03:20° 3, 2, 1, 80° to start move 6 03:20° 3, 2, 1, 80° to start move 6 03:20° 3, 2, 1, 80° to start move 6 03:20° 3, 2, 1, 80° to start move 6 03:20° 3, 2, 1, 80° to start move 6 03:20° 3, 2, 1, 80° to start move 1 03:20° 3, 2, 1, 80° to start move 1 03:20° 3, 2, 1, 80° to start move 2 03:20° 3, 2, 1, 80° to start move 1 03:20° 3, 2, 1, 80° to start move 2 03:20° 3, 2, 1, 80° to start move 3 03:20° 3, 2, 1, 80° to start move 3 03:20° 3, 2, 1, 80° to start move 3 03:20° 3, 2, 1, 80° to start move 3 03:20° 3, 2, 1, 80° to start move 3 03:20° 3, 2, 1, 80° to start move 3 03:20° 3, 2, 1, 80° to start move 3 03:20° 3, 2, 1, 80° to start move 4 03:20° 3, 2, 1, 80° to start move 5 03:20° 3, 2, 1, 80° to start move 5	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, Res' to stop		144	REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat						
Move 5	Separate Ways (Worlds Apart)	111	Move 4									
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. 0.345 *3, 2, 1, 60" to start move 6 0.415 *3, 2, 1, Recover" to stop			Move 5	32 x 2	30 sec.							
Nove 1 32 x 2 30 sec. 00:15 "3, 2, 1, Recover" to stop			REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat						
TRACK 6 BLOCK 2 Zombie 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	32 x 2	30 sec.							
TRACK 6 BLOCK 2 Zambie TRACK 7 BLOCK 2 ReSI TRACK 7 BLOCK 2 Radioactive TRACK 7 BLOCK 3			RECOVER	32 x 4	60 sec.							
TRACK 6 BLOCK 2 Zombie 150 Move 2 150 REST 150 Move 3 150 REST 150 Move 4 150 REST 150 Move 4 150 REST 150 Move 5 150 REST			Move 1	32 x 2	30 sec.							
TRACK 6 BLOCK 2 Zomble 150 REST TRACK 6 BLOCK 2 Zomble 150 REST TRACK 7 BLOCK 2 REST TRACK 7 BLOCK 3 RE			REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat						
TRACK 6 BLOCK 2 Zombie			Move 2	32 x 2	30 sec.							
TRACK 6 BLOCK 2 Zombie			REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat						
BLOCK 2 Zombie 150 REST 32 x 1 15 sec. 02:15 "3, 2, 1, 60" to start move 4 02:45 "3, 2, 1, 60" to start move 4 02:45 "3, 2, 1, 60" to start move 4 02:45 "3, 2, 1, 60" to start move 5 03:30 "3, 2, 1, Rest" to stop 03:45 "3, 2, 1, 60" to start move 5 03:30 "3, 2, 1, Rest" to stop 03:45 "3, 2, 1, 60" to start move 6 03:45 "3, 2, 1, 60" to start move 6 03:45 "3, 2, 1, 60" to start move 6 03:45 "3, 2, 1, Rest" to stop 03:45 "3, 2, 1, Rest" to	TD 4 CW C	150	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.	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			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. 03:30-03:45 Stripped down beat ## Move 6 32 x 2 30 sec. 03:45 "3, 2, 1, Recover" to stop ## RECOVER 32 x 4 60 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 ## REST 32 x 1 15 sec. 00:30 -00:45 Stripped down beat ## Move 2 32 x 2 30 sec. 00:30 -00:45 Stripped down beat ## Move 3 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 4 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. 02:45 "3, 2, 1, Go" to start move 4 ## 02:45 "3, 2, 1, Rest" to stop ## REST 32 x 1 15 sec. 02:45 "3, 2, 1, Go" to start move 4 ## 02:45 "3, 2, 1, Rest" to stop ## REST 32 x 2 30 sec. 03:30 "3, 2, 1, Go" to start move 5 ## 03:30 "3, 2, 1, Rest" to stop ## 03:45 "3, 2,			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.							
Move 6 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						
Move 1 32 x 2 30 sec. 00:00 "3, 2, 1, Hit it" to start move 1			Move 6	32 x 2	30 sec.							
TRACK 7 BLOCK 2 Radioactive About 2 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop			RECOVER	32 x 4	60 sec.							
Nove 2 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 BLOCK 2 Radioactive State			REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat						
TRACK 7 BLOCK 2 Radioactive 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. 02:15 "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.	
TRACK 7 BLOCK 2 REST 32 x 1 15 sec. 02:00 "3, 2, 1, Rest" to stop				REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat					
BLOCK 2 Radioactive 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	TRACK 7		Move 3	32 x 2	30 sec.							
Radioactive 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		455	REST	32 x 1	15 <u>sec.</u>	02:00 – 02:15 Stripped down beat						
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	Move 4			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.							
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.	2,2,2,112200						

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 Midnight	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
Sky	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
	TEST	02 X 1	± 11111111	5,2,2,1101K to otal till of 2
	Move 1:	32 x 2	30 sec.	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	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"
TRACK 9 BLOCK 3 2U	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	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"
BLOCK 3	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"
BLOCK 3	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
Startstruck	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:		45 sec.	01:15 " 3, 2, 1, Go " to start Move 2	
BLOCK 4 Electricity	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		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 32 sec)

SECTION	врм	DESCRIPTION	COUNTS	TIME
TRACK 12 COOL DOWN	100			
Put Your Records On				