

STRENGTH NOW CHOREOGRAPHY TEMPLATE JANUARY 2023

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 WARM UP <i>CUFF IT</i>	128	Prep	32 x 1	15 sec.	
		Move 1:	32 x 1	15 sec.	
		Move 2:	32 x 1	15 sec.	
		Move 3:	32 x 1	15 sec.	
		Move 4:	32 x 1	15 sec.	
		Move 5:	32 x 1	15 sec.	
		Move 6:	32 x 1	15 sec.	
		Repeat Moves 1-6	32 x 7	1 min 30 sec.	
		REST	32 x 2	30 sec.	
TRACK 2 LOWER <i>Your Body</i>	128	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 LOWER <i>Never Close Our Eyes</i>	128	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 LOWER <i>What About Us</i>	128	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.	
TRACK 5 UPPER <i>Signs</i>	128	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 6 UPPER <i>Massive</i>	128	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 7 UPPER <i>It's My Life</i>	128	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.	
TRACK 8 ABS & CORE <i>Filthy</i>	128	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
		Move 4:	32 x 3	45 sec.	03:15 "3, 2, 1, Go" to start Move 4
TRACK 9 ABS & CORE <i>Stay</i>	128	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
		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 10 EMOM <i>Fergalicious</i>	128	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 2	30 sec.	00:00 Prep
		Move 1:	32 x 4	1 min.	00:30 "3, 2, 1, Go" 01:00 "Don't Stop" at the halfway point
		Move 2:	32 x 4	1 min.	01:30 "3, 2, 1, Go" 02:00 "Don't Stop" at the halfway point
		Move 3:	32 x 4	1 min.	02:30 "3, 2, 1, Go" 03:00 "Don't Stop" at the halfway point
TRACK 11 EMOM <i>I'm Good (Blue)</i>	128	Move 4:	32 x 4	1 min.	03:30 "3, 2, 1, Go" 04:00 "Don't Stop" at the halfway point
		Move 5:	32 x 4	1 min.	04:30 "3, 2, 1, Go" 05:00 "Don't Stop" at the halfway point
		Move 6:	32 x 4	1 min.	00:00 "3, 2, 1, Go" 00:30 "Don't Stop" at the halfway point
		Move 7:	32 x 4	1 min.	01:00 "3, 2, 1, Go" 01:30 "Don't Stop" at the halfway point
		Move 8:	32 x 4	1 min.	02:00 "3, 2, 1, Go" 02:30 "Don't Stop" at the halfway point

		Move 9:	32 x 4	1 min.	03:00 "3, 2, 1, Go" 03:30 "Don't Stop" at the halfway point
		Move 10:	32 x 4	1 min.	04:00 "3, 2, 1, Go" 04:30 "Don't Stop" at the halfway point
TRACK 12 COOL DOWN <i>Golden Hour</i>	95				