

**STRENGTH NOW CHOREOGRAPHY TEMPLATE NOV 2020**

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
<b>TRACK 1</b> WARM-UP <i>Stunnin'</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.	
<b>TRACK 2</b> LOWER <i>Pressure</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
<b>TRACK 3</b> LOWER <i>Say My Name</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
<b>TRACK 4</b> LOWER <i>Waist Time</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.	
<b>TRACK 5</b> UPPER <i>Roses</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

<b>TRACK 6</b> UPPER <i>Come As You Are</i>	128	<b>Move 4:</b>	32 x 3	45 sec.	00:45 "3, 2, 1, Go" to start move 5
		<b>Move 5:</b>	32 x 3	45 sec.	01:30 "3, 2, 1, Work" to start move 6
		<b>Move 6:</b>	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
		<b>Power Move:</b>	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
<b>TRACK 7</b> UPPER <i>Work It</i>	128	<b>Move 7:</b>	32 x 3	45 sec.	00:45 "3, 2, 1, Go" to start move 8
		<b>Move 8:</b>	32 x 3	45 sec.	01:30 "3, 2, 1, Work" to start move 9
		<b>Move 9:</b>	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
		<b>Power Move:</b>	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.	
<b>TRACK 8</b> ABS & CORE <i>Aeroplane</i>	128	Prep	32 x 1	15 sec.	00:00 Prep
		<b>Move 1:</b>	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
		<b>Move 2:</b>	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
		<b>Move 3:</b>	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
		<b>Move 4:</b>	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		
<b>TRACK 9</b> ABS & CORE <i>Work B__tch vs. Seven Nation Army</i>	128	Prep	32 x 1	15 sec.	00:00 Prep
		<b>Move 1:</b>	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
		<b>Move 2:</b>	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
		<b>Move 3:</b>	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
		<b>Move 4:</b>	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		
<b>TRACK 10</b> EMOM <i>Going Bad</i>	128	Prep	32 x 2	30 sec.	00:00 Prep
		<b>Move 1:</b>	32 x 4	1 min.	00:30 "3, 2, 1, Go" 01:00 "Don't Stop" at the halfway point
		<b>Move 2:</b>	32 x 4	1 min.	01:30 "3, 2, 1, Go" 02:00 "Don't Stop" at the halfway point
		<b>Move 3:</b>	32 x 4	1 min.	02:30 "3, 2, 1, Go" 03:00 "Don't Stop" at the halfway point
		<b>Move 4:</b>	32 x 4	1 min.	03:30 "3, 2, 1, Go" 04:00 "Don't Stop" at the halfway point
		<b>Move 5:</b>	32 x 4	1 min.	04:30 "3, 2, 1, Go" 05:00 "Don't Stop" at the halfway point
<b>TRACK 11</b> EMOM <i>Anaconda vs. Delirious (Boneless)</i>	128	<b>Move 6:</b>	32 x 4	1 min.	00:00 "3, 2, 1, Go" 00:30 "Don't Stop" at the halfway point
		<b>Move 7:</b>	32 x 4	1 min.	01:00 "3, 2, 1, Go" 01:30 "Don't Stop" at the halfway point
		<b>Move 8:</b>	32 x 4	1 min.	02:00 "3, 2, 1, Go" 02:30 "Don't Stop" at the halfway point

		<b>Move 9:</b>	32 x 4	1 min.	03:00 " <b>3, 2, 1, Go</b> " 03:30 " <b>Don't Stop</b> " at the halfway point
		<b>Move 10:</b>	32 x 4	1 min.	04:00 " <b>3, 2, 1, Go</b> " 04:30 " <b>Don't Stop</b> " at the halfway point
		REST	32 x 2	30 sec.	05:00 " <b>3, 2, 1, Recover</b> " to stop
<b>TRACK 12</b> COOLDOWN <i>Mood</i>	91			4 min.	