

**STRENGTH NOW CHOREOGRAPHY TEMPLATE SEPTEMBER 2021**

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
<b>TRACK 1</b> WARM UP <i>Turn It Up</i>	128	Prep	32 x 1	15 sec.	
		<b>Move 1:</b>	32 x 1	15 sec.	
		<b>Move 2:</b>	32 x 1	15 sec.	
		<b>Move 3:</b>	32 x 1	15 sec.	
		<b>Move 4:</b>	32 x 1	15 sec.	
		<b>Move 5:</b>	32 x 1	15 sec.	
		<b>Move 6:</b>	32 x 1	15 sec.	
		<b>Repeat Moves 1-6</b>	32 x 7	1 min 30 sec.	
		REST	32 x 2	30 sec.	
<b>TRACK 2</b> LOWER <i>Flex &amp; Pump</i>	128	Set Up	32 x 2	30 sec.	00:30 " <b>3, 2, 1, Go</b> " to start move 1
		<b>Move 1:</b>	32 x 3	45 sec.	01:15 " <b>3, 2, 1, Go</b> " to start move 2
		<b>Move 2:</b>	32 x 3	45 sec.	02:00 " <b>3, 2, 1, Work</b> " to start move 3
		<b>Move 3:</b>	32 x 4	1 min.	02:30 " <b>Don't Stop</b> " at the halfway point 03:00 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 2	30 sec.	03:30 " <b>3, 2, 1, Power</b> " to start move
		<b>Power Move:</b>	32 x 4	1 min.	04:00 " <b>Don't Stop</b> " at the halfway point 04:30 " <b>3, 2, 1, Recover</b> " to stop
		REST	32 x 4	60 sec.	05:30 " <b>3, 2, 1, Go</b> " to start move 4
<b>TRACK 3</b> LOWER <i>Booyah</i>	128	<b>Move 4:</b>	32 x 3	45 sec.	00:45 " <b>3, 2, 1, Go</b> " to start move 5
		<b>Move 5:</b>	32 x 3	45 sec.	01:30 " <b>3, 2, 1, Work</b> " to start move 6
		<b>Move 6:</b>	32 x 4	1 min.	02:00 " <b>Don't Stop</b> " at the halfway point 02:30 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 2	30 sec.	03:00 " <b>3, 2, 1, Power</b> " to start move
		<b>Power Move:</b>	32 x 4	1 min.	03:30 " <b>Don't Stop</b> " at the halfway point 04:00 " <b>3, 2, 1, Recover</b> " to stop
		REST	32 x 4	60 sec.	05:00 " <b>3, 2, 1, Go</b> " to start move 7
<b>TRACK 4</b> LOWER <i>Bad Blood vs. Hey Mama</i>	128	<b>Move 7:</b>	32 x 3	45 sec.	00:45 " <b>3, 2, 1, Go</b> " to start move 8
		<b>Move 8:</b>	32 x 3	45 sec.	01:30 " <b>3, 2, 1, Work</b> " to start move 9
		<b>Move 9:</b>	32 x 4	1 min.	02:00 " <b>Don't Stop</b> " at the halfway point 02:30 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 2	30 sec.	03:00 " <b>3, 2, 1, Power</b> " to start move
		<b>Power Move:</b>	32 x 4	1 min.	03:30 " <b>Don't Stop</b> " at the halfway point 04:00 " <b>3, 2, 1, Recover</b> " to stop
		REST	32 x 4	60 sec.	
<b>TRACK 5</b> UPPER <i>Beggin</i>	128	Set Up	32 x 2	30 sec.	00:30 " <b>3, 2, 1, Go</b> " to start move 1
		<b>Move 1:</b>	32 x 3	45 sec.	01:15 " <b>3, 2, 1, Go</b> " to start move 2
		<b>Move 2:</b>	32 x 3	45 sec.	02:00 " <b>3, 2, 1, Work</b> " to start move 3
		<b>Move 3:</b>	32 x 4	1 min.	02:30 " <b>Don't Stop</b> " at the halfway point 03:00 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 2	30 sec.	03:30 " <b>3, 2, 1, Power</b> " to start move
		<b>Power Move:</b>	32 x 4	1 min.	04:00 " <b>Don't Stop</b> " at the halfway point 04:30 " <b>3, 2, 1, Recover</b> " to stop
		REST	32 x 4	60 sec.	05:30 " <b>3, 2, 1, Go</b> " to start move 4

<b>TRACK 6</b> UPPER <i>Diamonds</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>Walk On Water</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>Bad Habits</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
<b>TRACK 9</b> ABS & CORE <i>Sacrifice</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
<b>TRACK 10</b> EMOM <i>Get Low</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>Know No Better</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
<b>TRACK 12</b> COOL DOWN <i>Return Of The Mack</i>	100				