## **TABATA NOW CHOREOGRAPHY TEMPLATE APRIL 2021**

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
		PREP	32 x 2	30 sec.	
TRACK 1 WARM UP Your Love (9PM)		Move 1:	32 x 2	30 sec.	
	128	Move 2:	32 x 2	30 sec.	
		Move 3:	32 x 2	30 sec.	
		Move 4:	32 x 2	30 sec.	
		Repeat Moves 1-4	32 x 8	2 min	
		REST	32 x 2	30 sec.	
		Move 1:	32 x 3	45 sec.	00:15 " <b>3, 2, 1, Work</b> " to start Move 1 00:35 " <b>3, 2, 1, Rest, Cycle 1 Complete"</b> to stop
		Move 2:	32 x 2	30 sec.	00:45 " <b>3-2-1 Work</b> " to start Move 2 01:05 " <b>3-2-1 Rest, Cycle 2 Complete"</b> to stop
TRACK 2 BLOCK 1	138	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
Leave The Door Open		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
		Repeat Moves 1-4	32 x 8	2 min	04:05 "3-2-1 Recover, Tabata Complete" to stop
		REST	32 x 4	1 min.	05:00 – " <b>3, 2, 1, Work</b> " to start Move 5
		Move 5:	32 x 2	30 sec.	00:20 <b>"3, 2, 1, Rest, Cycle 1 Complete"</b> to stop
		Move 6:	32 x 2	30 sec.	00:30 " <b>3-2-1 Work</b> " to start Move 6 00:50 " <b>3-2-1 Rest, Cycle 2 Complete"</b> to stop
TRACK 3 BLOCK 1	138	Move 7:	32 x 2	30 sec.	01:00 " <b>3-2-1 Work</b> " to start Move 7 01:20 " <b>3-2-1 Rest, Cycle 3 Complete"</b> to stop
Talk		Move 8:	32 x 2	30 sec.	01:30 "3-2-1 Work" to start Move 8 01:50 "3-2-1 Rest, Cycle 4 Complete" to stop
		Repeat Moves 5-8	32 x 8	2 min	03:50 "3-2-1 Recover, Tabata Complete" to stop
		REST	32 x 4	1 min.	
	144	Move 1:	32 x 3	45 sec.	00:14 " <b>3, 2, 1, Work</b> " to start Move 1 00:34 " <b>3, 2, 1, Rest, Cycle 1 Complete"</b> to stop
		Move 2:	32 x 2	30 sec.	00:34 " <b>3-2-1 Work</b> " to start Move 2 01:04 " <b>3-2-1 Rest, Cycle 2 Complete</b> " to stop
TRACK 4 BLOCK 2		Move 3:	32 x 2	30 sec.	01:14 "3-2-1 Work" to start Move 3 01:34 "3-2-1 Rest, Cycle 3 Complete" to stop
Runaway (U & I)		Move 4:	32 x 2	30 sec.	01:44 " <b>3-2-1 Work</b> " to start Move 4 02:04 " <b>3-2-1 Rest, Cycle 4 Complete</b> " to stop
		Repeat Moves 1-4	32 x 8	2 min	04:04 "3-2-1 Recover, Tabata Complete" to stop
		REST	32 x 4	1 min.	05:03 – " <b>3, 2, 1, Work</b> " to start Move 5
TRACK 5 BLOCK 2 Stopping Us	144	Move 5:	32 x 2	30 sec.	00:20 <b>"3, 2, 1,Rest, Cycle 1 Complete"</b> to stop
		Move 6:	32 x 2	30 sec.	00:30 " <b>3-2-1 Work</b> " to start Move 6 00:50 " <b>3-2-1 Rest, Cycle 2 Complete</b> " to stop
		Move 7:	32 x 2	30 sec.	01:00 " <b>3-2-1 Work</b> " to start Move 7 01:20 " <b>3-2-1 Rest, Cycle 3 Complete</b> " to stop
		Move 8:	32 x 2	30 sec.	01:30 " <b>3-2-1 Work</b> " to start Move 8 01:50 " <b>3-2-1 Rest, Cycle 4 Complete</b> " to stop
		Repeat Moves 5-8	32 x 8	2 min	03:50 "3-2-1 Recover, Tabata Complete" to stop
		REST	32 x 4	1 min.	

TRACK 6   BILOCK 3   Move 1:   32 x 3   45 sec.   00.13** 3, 7, 1, Work** to start Move 1   00.33** 3, 7, 1, Work** to start Move 2   00.33** 3, 7, 1, Work** to start Move 2   00.33** 3, 7, 1, Work** to start Move 2   00.33** 3, 7, 1, Rest, Cycle 1 Complete** to stop   00.33** 3, 7, 1, Rest, Cycle 1 Complete* to stop   00.33** 3, 7, 1, Rest, Cycle 1 Complete* to stop   00.33** 3, 7, 1, Rest, Cycle 1 Complete* to stop   00.33** 3, 7, 1, Rest, Cycle 1 Complete* to stop   00.33** 3, 7, 1, Rest, Cycle 1 Complete* to stop   00.33** 3, 7, 1, Rest, Cycle 1 Complete* to stop   00.33** 3, 7, 1, Rest, Cycle 1 Complete* to stop   00.30** 3, 7, 1, Rest, Cycle 1 Complete*		1		<b>.</b>	1	T
TRACK 6   BLOCK 3   Move 3:   32 x 2   30 sec.   0.034 "3-2.1 Work" to start Move 2   150   Move 3:   32 x 2   30 sec.   0.113 "3-2.1 Work" to start Move 3   150   Move 4:   32 x 2   30 sec.   0.113 "3-2.1 Work" to start Move 3   150   Move 4:   32 x 2   30 sec.   0.113 "3-2.1 Work" to start Move 4   151   Move 5:   32 x 2   30 sec.   0.113 "3-2.1 Work" to start Move 6   151   Move 5:   32 x 2   30 sec.   0.020 "3, 2, 1, Rest, Cycle 1 Complete" to stop 0   150   Move 7:   32 x 2   30 sec.   0.020 "3, 2, 1, Work" to start Move 6   150   Move 8:   32 x 2   30 sec.   0.020 "3, 2, 1, Rest, Cycle 1 Complete" to stop 0   150   Move 8:   32 x 2   30 sec.   0.020 "3, 2, 1, Rest, Cycle 1 Complete" to stop 0   150   Move 9:   150			Move 1:	32 x 3	45 sec.	00:13 <b>"3, 2, 1, Work</b> " to start Move 1
Move 3:	BLOCK 3					
Move 3:		150	Move 2:	32 x 2	30 sec.	
BLOCK 3   Move 4:     32 x 2     30 sec			Maya 2:			
Move 4:     32 x 2   30 sec			Wiove 3.	32 x 2	30 sec.	
Repeat Moves 1-4   32 x 8   2 min   00-20 373-2.1 Rest, Cycle 2 Complete" to stop   00-373-2.1 Rest, Cycle 2 Complete to stop   00-373-2.1 Rest, Cycle 3 Complete to stop   00-373-3.1 Rest, Cycle 3			Move 4:			
## REPORT MOVES 1-4   32 x 8   2 min   1500				32 x 2	30 sec.	02:03 "3-2-1 Rest, Cycle 4 Complete" to stop
REST   32 x 4			Demost Moves 1.4	22 4 9	2 min	
Move 5:   32 x 2   30 sec.   00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop			Repeat Moves 1-4		2 111111	•
TRACK 7   BLOCK 3   Get Down   Move 6:   32 x 2   30 sec.   00:20" 3, 2, 1, Rest, Cycle 1 Complete" to stop   Move 7:   32 x 2   30 sec.   01:00" 3-2-1 Work" to start Move 7   01:00" 3-2-1 Work" to start Move 8   01:00" 3-2-1 Work" to start Move 8   01:00" 3-2-1 Work" to start Move 8   03 x 2   03 sec.   01:00" 3-2-1 Rest, Cycle 3 Complete" to stop   03:00" 3-2-1 Work" to start Move 8   03 x 2   03 sec.   01:30" 3-2-1 Work" to start Move 8   03 x 2   03 sec.   01:30" 3-2-1 Rest, Cycle 3 Complete" to stop   03:00" 3-2-1 Work" to start Move 3   03:00" 3-2-1 Work" to start Move 5   03:00" 3-2-1 Work" to start Move 5   03:00" 3-2-1 Work" to start Move 5   03:00" 3-2-1 Work to start Move 6   03:00"			REST	32 x 4	1 min.	05:00 – <b>"3, 2, 1, Work</b> " to start Move 5
Move 6:			Move 5:	32 x 2	30 sec.	00:20 <b>"3. 2. 1. Rest. Cycle 1 Complete"</b> to stop
TRACK 7 BLOCK 3 BLOCK 3 Get Down  Move 7:  32 x 2  30 sec.  00:50 "3-2.1 Rest, Cycle 2 Complete" to stop  1100 "3-2-1 Now!" to start Move 7  1100 "3-2-1 Now!" to start Move 7  1100 "3-2-1 Now!" to start Move 8  32 x 2  30 sec.  1100 "3-2-1 Now!" to start Move 8  1100 "3-2-1 Now!" to start Move 1  1100 "3-2-1 Now!" to start Move 2  1100 "3-2-1 Now!" to start Move 2  1110 "3-2-1 Now!" to start Move 2  1110 "3-2-1 Now!" to start Move 3  1110 "3-2-1 Now!" to start Move 3  1110 "3-2-1 Now!" to start Move 4  1110 "3-2-1 Now!" to start Move 3  1110 "3-2-1 Now!" to start Move 4  1110 "3-2-1 Now!" to start Move 5  1110 "3-2-1 Now!" to start Move 6  1110 "3-2-1 Now!" to start Move 2  1110 "3-2-1 Now!" to start Move 3  1110 "3-2-1 Now!" to start Move 3  1110 "3-2-1 Now!" to start Move 2  1110 "3-2-1 Now!" to start Move 2  1110 "3-2-1 Now!" to start Move 3						
Move 7:			Move 6:	32 x 2	30 sec.	
Move 8:   32 x 2   30 sec.   01:20 "3-2-1 Rest, Cycle 3 Complete" to stop	TDACK 7		Move 7:			
Move 8:   32 x 2   30 sec.     01:30 "3-2.1 Work" to start Move 8   155   15		150	Wove 7.	32 x 2	30 sec.	
Repeat Moves 5-8   32 x 8   2 min   stop		130	Move 8:			
TRACK 8 BLOCK 4 Laugh Now Cry Later  TRACK 9 BLOCK 4 Strange Clouds  TRACK 10 BLOCK 5 Don't Call Move 1:  32 x 2 32 x 3 32 x 3 32 x 3 32 x 3 30 sec.  32 x 2 3				32 x 2	30 sec.	
TRACK 8 BLOCK 4 Laugh Now Cry Later  TRACK 9 BLOCK 4 Strange Clouds  TRACK 9 BLOCK 4 Strange Clouds  TRACK 9 BLOCK 4 Strange Clouds  TRACK 10 BLOCK 5 Don't Call Move 2:  32 x 2  32 x 4  1 min.  Stop  Move 1:  32 x 3  45 sec.  00:12 "3.2.1 Work" to start Move 1 00:32 "3.2.1, Rest, Cycle 1 Complete" to stop 01:02 "3-2.1 Rest, Cycle 2 Complete" to stop 01:12 "3-2.1 Work" to start Move 3 01:12 "3-2.1 Work" to start Move 3 01:12 "3-2.1 Work" to start Move 3 01:12 "3-2.1 Work" to start Move 4 02:02 "3-2.1 Rest, Cycle 2 Complete" to stop 01:42 "3-2.1 Work" to start Move 4 02:02 "3-2.1 Rest, Cycle 2 Complete" to stop 01:42 "3-2.1 Work" to start Move 5 01:42 "3-2.1 Work" to start Move 6 01:42 "3-2.1 Work" to start Move 5 01:42 "3-2.1 Work" to start Move 5 01:42 "3-2.1 Work" to start Move 5 00:50 "3-2.1 Rest, Cycle 2 Complete" to stop 00:50 "3-2.1 Work" to start Move 6 00:50 "3-2.1 Work" to start Move 7 01:00 "3-2.1 Work" to start Move 8 01:50 "3-2.1 Rest, Cycle 2 Complete" to stop 01:30 "3-2.1 Work" to start Move 8 01:50 "3-2.1 Rest, Cycle 1 Complete" to stop 01:00 "3-2.1 Rest, Cycle 2 Complete" to stop 01:00 "3-2.1 Rest, Cycle 3 Complete" to stop 01:00 "3-2.1 Rest, Cycle 3 Complete" to stop 01:00 "3-2.1 Rest, Cycle 4 Complete" to stop 01:00 "3-2.1 Rest,			Person Mayor F 9	22 4 9	2 min	03:50 "3-2-1 Recover, Tabata Complete" to
TRACK 8 BLOCK 4 Laugh Now Cry Later  TRACK 9 BLOCK 4 Strange Clouds  TRACK 9 BLOCK 4 Strange Clouds  TRACK 9 BLOCK 5 Don't Call Met Up  TRACK 10 BLOCK 5 Don't Call Met Up  TRACK 11 BLOCK 5 BLOCK 7 BLOCK			Repeat Moves 5-8	32 X 8	2 min	stop
TRACK 9 BLOCK 4 Laugh Now Cry Later  Move 2:  32 x 2  30 sec.  Move 3:  Move 4:  32 x 2  30 sec.  Move 4:  32 x 2  30 sec.  155  Move 4:  32 x 2  30 sec.  10:12 "3-2-1 Work" to start Move 2  155  Move 4:  32 x 2  30 sec.  10:12 "3-2-1 Rest, Cycle 2 Complete" to stop  10:12 "3-2-1 Rest, Cycle 3 Complete" to stop  10:12 "3-2-1 Rest, Cycle 4 Complete" to stop  10:12 "3-2-1 Rest, Cycle 4 Complete" to stop  10:12 "3-2-1 Work" to start Move 5  10:10 "3-2-1 Work" to start Move 5  10:10 "3-2-1 Work" to start Move 6  10:10 "3-2-1 Work" to start Move 6  10:10 "3-2-1 Work" to start Move 6  10:10 "3-2-1 Work" to start Move 8  10:10 "3-2-1 Work" to start Move 1  10:10 "3-2-1 Work" to start Move 1  10:10 "3-2-1 Work" to start Move 4  10:20 "3-2-1 Rest, Cycle 2 Complete" to stop  10:10 "3-2-1 Work" to start Move 4  10:20 "3-2-1 Rest, Cycle 4 Complete" to stop  10:10 "3-2-1 Work" to start Move 4  10:20 "3-2-1 Rest, Cycle 4 Complete" to stop  10:10 "3-2-1 Work" to start Move 4  10:10 "3-2-1 Work" to start Move 4  10:10 "3-2-1 Work" to start Move 5  10:10 "3-2-1 Work" to start Move 5  10:10 "3-2-1 Work" to start Move 5  10:10 "3-2-1 Work" to start Move 6  10:10 "3-2-1			REST	32 x 4	1 min.	
TRACK 8 BLOCK 4 Laugh Now Cry Later  Move 3:  Move 4:  32 x 2  30 sec.  Move 5:  Repeat Moves 1-4  Move 5:  32 x 2  30 sec.  Move 6:  32 x 2  30 sec.  Move 6:  32 x 2  30 sec.  Move 6:  32 x 2  30 sec.  Move 7:  Move 6:  32 x 2  30 sec.  Move 7:  Move 8:  32 x 2  30 sec.  Move 7:  Move 8:  Move 7:  Move 8:  TRACK 10 BLOCK 5 Don't Call Me Up  Move 1:  Move 1:  Move 1:  Move 1:  Move 3:  32 x 2  30 sec.  Move 6:  32 x 2  30 sec.  Move 7:  Move 8:  Move 7:  Move 8:  Move 7:  32 x 2  30 sec.  Move 7:  32 x 2  30 sec.  Move 7:  Move 8:  Move 7:  Move 8:  32 x 2  30 sec.  Move 7:  Move 8:  32 x 2  30 sec.  Move 7:  Move 8:  32 x 2  30 sec.  Move 7:  Move 8:  32 x 2  30 sec.  Move 7:  Move 8:  32 x 2  30 sec.  Move 7:  Move 8:  32 x 2  30 sec.  Move 7:  Move 8:  32 x 2  30 sec.  Move 7:  Move 8:  32 x 2  30 sec.  Move 7:  Move 8:  32 x 2  30 sec.  Move 7:  Move 8:  32 x 2  30 sec.  Move 7:  Move 8:  32 x 2  30 sec.  Move 7:  Move 8:  32 x 2  30 sec.  Move 7:  Move 1:  Move 1:  32 x 3  30 sec.  Move 1:  32 x 3  30 sec.  Move 1:  Move 1:  32 x 3  30 sec.  Move 1:  Move 1:  32 x 3  30 sec.  Move 1:  Move 1:  32 x 3  30 sec.  Move 1:  Move 1:  32 x 3  30 sec.  Move 1:  Move 1:  32 x 3  30 sec.  Move 1:  Move 1:  Move 1:  Move 1:  32 x 3  30 sec.  Move 2:  30 sec.  Move 3:  Move 1:  Move 1:  Move 1:  Move 1:  Move 1:  Move 2:  32 x 2  30 sec.  Move 3:  Move 4:  Move 3:  Move 4:  Move 5:  Move 4:  Move 6:  Move 6:  Move 6:  Move 6:  Move 6:  Move 6:  Move 7:  Move 7:  Move 7:  Move 1:			Move 1:	32 x 3	45 sec	
TRACK 8 BLOCK 4 Laugh Now Cry Later  Move 4:  32 x 2  30 sec.  32 x 3  30				32 x 3	45 300.	
Move 3:     32 x 2     30 sec.     01:12 "3-2-1 Work" to start Move 3			Move 2:	32 x 2	30 sec.	
Move 4:   32 x 2   30 sec.   01:32 "3-2-1 Rest, Cycle 3 Complete" to stop	TRACK 8		Maria 2:			
Move 4:   32 x 2   30 sec.   01:42 "3-2-1 Work" to start Move 4   02:02 "3-2-1 Rest, Cycle 4 Complete" to stop	BLOCK 4		Move 3:	32 x 2	30 sec.	
Repeat Moves 1-4   32 x 8   2 min   32 x 4   1 min   32 x 2   30 sec.   02:02 "3-2-1 Rest, Cycle 4 Complete" to stop   32 x 2   30 sec.   00:02 "3, 2, 1, Rest, Cycle 1 Complete" to stop   32 x 2   30 sec.   00:02 "3, 2, 1, Rest, Cycle 2 Complete" to stop   32 x 2   30 sec.   00:03 "3-2-1 Work" to start Move 6   00:50 "3-2-1 Rest, Cycle 2 Complete" to stop   32 x 2   30 sec.   00:03 "3-2-1 Work" to start Move 7   01:20 "3-2-1 Rest, Cycle 3 Complete" to stop   00:30 "3-2-1 Rest, Cycle 3 Complete" to stop   01:30 "3-2-1 Rest, Cycle 4 Complete" to stop   00:05 "3-2-1 Rest, Cycle 3 Complete" to stop   01:00 "3-2-1 Rest, Cycle 3 Complete" to stop   01:00 "3-2-1 Rest, Cycle 4 Complete" to stop   01:00 "3-2-1 Rest, Cycle 4 Complete" to stop   01:00 "3-2-1 Rest, Cycle 3 Complete" to stop   01:00 "3-2-1 Rest, Cycle 4 Com	Laugh Now		Move 4:			
Repeat Moves 1-4   32 x 8   2 min   04:02 "3-2-1 Recover, Tabata Complete" to stop	Cry Later		WIOVE 4.	32 x 2	30 sec.	
REST   32 x 4						
TRACK 9 BLOCK 4 Strange Clouds  Move 8:  155  Repeat Moves 5-8  156  Move 1:  157  Move 1:  158  Move 1:  159  Move 2:  159  Move 3:  150  Move 3:  150  Move 4:  150  Move 4:  150  Move 4:  150  Move 5:  150  Move 5:  150  Move 6:  150  150  150  150  150  150  150  15			Repeat Moves 1-4	32 x 8	2 min	
TRACK 9 BLOCK 4 Strange Clouds  Move 7:  155  Move 8:  155  Repeat Moves 5-8  TRACK 10 BLOCK 5 Don't Call Me Up  Move 4:  160  Move 4:  160  Move 6:  32 x 2  30 sec.  30 sec.			REST	32 x 4	1 min.	05:02 – " <b>3, 2, 1, Work</b> " to start Move 5
TRACK 9 BLOCK 4 Strange Clouds  Move 7:  32 x 2  30 sec.  00:30 "3-2-1 Work" to start Move 6 00:50 "3-2-1 Rest, Cycle 2 Complete" to stop 01:20 "3-2-1 Rest, Cycle 3 Complete" to stop 01:20 "3-2-1 Rest, Cycle 3 Complete" to stop 01:30 "3-2-1 Rest, Cycle 3 Complete" to stop 01:30 "3-2-1 Rest, Cycle 4 Complete" to stop 01:50 "3-2-1 Rest, Cycle 4 Complete" to stop 01:20 "3-2-1 Rest, Cycle 2 Complete" to stop 01:20 "3-2-1 Rest, Cycle 2 Complete" to stop 01:20 "3-2-1 Rest, Cycle 3 Complete" to stop 01:20 "3-2-1 Rest, Cycle 3 Complete" to stop 01:32 "3-2-1 Rest, Cycle 4 Complete" to stop 01:32 "3-2-1 Rest, Cycle 4 Complete" to stop 01:42 "3-2-1 Work" to start Move 4 02:02 "3-2-1 Rest, Cycle 4 Complete" to stop 04:02 "3-2-1 Rest, Cycle 4 Complete" to stop			Move 5:	32 v 2	30 sec	00:20 <b>"3 2 1 Rest Cycle 1 Complete"</b> to ston
TRACK 9   BLOCK 4   Strange   Clouds   155   Move 7:   32 x 2   30 sec.   00:50 "3-2-1 Rest, Cycle 2 Complete" to stop   155   Move 8:   32 x 2   30 sec.   01:00 "3-2-1 Work" to start Move 7   01:20 "3-2-1 Rest, Cycle 3 Complete" to stop   10:30 "3-2-1 Work" to start Move 8   10:50 "3-2-1 Rest, Cycle 4 Complete" to stop   10:30 "3-2-1 Rest, Cycle 4 Complete" to stop   10:32 "3-2-1 Rest, Cycle 5 Complete" to stop   10:32 "3-2-1 Rest, Cycle 6 Complete" to stop   10:32 "3-2-1 Rest, Cycle 6 Complete" to stop   10:32 "3-2-1 Rest, Cycle 7 Complete" to stop   10:32 "3-2-1 Rest, Cycle 8 C				32 X Z	30 sec.	
Move 7:   32 x 2   30 sec.   01:00 "3-2-1 Work" to start Move 7   01:20 "3-2-1 Rest, Cycle 3 Complete" to stop			Move 6:	32 x 2	30 sec.	
SLOCK 4   Strange   Clouds   Strange   Clouds   Strange   Move 8:   32 x 2   30 sec.   01:20 "3-2-1 Rest, Cycle 3 Complete" to stop   01:30 "3-2-1 Work" to start Move 8   01:50 "3-2-1 Rest, Cycle 4 Complete" to stop   03:50 "3-2-1 Recover, Tabata Complete" to stop   04:20 "3-2-1 Recover, Tabata Complete" to stop   04:50 "3-2-1	TRACK 9			1		
Move 8:   32 x 2   30 sec.   01:30 "3-2-1 Work" to start Move 8   01:50 "3-2-1 Rest, Cycle 4 Complete" to stop	BLOCK 4		iviove /:	32 x 2	30 sec.	
Repeat Moves 5-8   32 x 8   2 min   03:50 "3-2-1 Rest, Cycle 4 Complete" to stop	Strange		Mayo 9			
Repeat Moves 5-8   32 x 8   2 min   03:50 "3-2-1 Recover, Tabata Complete" to stop	Clouds			32 x 2		
REST   32 x 3   45 sec.   32 x 3   45 sec.   00:12 "3, 2, 1, Work" to start Move 1   00:32 "3, 2, 1, Rest, Cycle 1 Complete" to stop						
Move 1:   32 x 3   45 sec.   00:12 "3, 2, 1, Work" to start Move 1   00:32 "3, 2, 1, Rest, Cycle 1 Complete" to stop				32 x 8		
TRACK 10 BLOCK 5 Don't Call Me Up    Move 3:   32 x 2   30 sec.   32 x 2   30 sec.   00:32 "3, 2, 1, Rest, Cycle 1 Complete" to stop			REST	32 x 4	1 min.	
TRACK 10 BLOCK 5 Don't Call Me Up  Move 4:  Repeat Moves 1-4  REST  Move 2:  32 x 2  30 sec.  32 x 2  30 sec.  32 x 2  30 sec.  3		160	Move 1:	22 v 2	45 coc	00:12 " <b>3, 2, 1, Work</b> " to start Move 1
TRACK 10   BLOCK 5   Don't Call   Move 3:   32 x 2   30 sec.   01:02 "3-2-1 Rest, Cycle 2 Complete" to stop   01:12 "3-2-1 Work" to start Move 3   01:32 "3-2-1 Rest, Cycle 3 Complete" to stop   01:32 "3-2-1 Rest, Cycle 3 Complete" to stop   01:42 "3-2-1 Work" to start Move 4   02:02 "3-2-1 Rest, Cycle 4 Complete" to stop   04:02 "3-2-1 Rest, Cycle 4 Complete" to stop   04:02 "3-2-1 Recover, Tabata Complete" to stop   04:02 "3-2-1 Recover, Tabata Complete" to stop   04:02 "3-2-1 Rest, Cycle 4 Complete" to stop   04:02 "3-2-1 Rest, Cycl				32 X 3	43 386.	
TRACK 10   BLOCK 5   Don't Call   Me Up			Move 2:	32 x 2	30 sec.	
BLOCK 5   Don't Call   Move 4:   32 x 2   30 sec.   01:12 "3-2-1 Work" to start Move 3   01:32 "3-2-1 Rest, Cycle 3 Complete" to stop   01:42 "3-2-1 Work" to start Move 4   02:02 "3-2-1 Rest, Cycle 4 Complete" to stop   04:02 "3-2-1 Recover, Tabata Complete" to stop   04:02 "3-2-1 Recover, Tabata Complete" to stop   TRACK 11   160   Move 5:   32 x 2   30 sec.   00:20 "3 2 1 Rest, Cycle 1 Complete" to stop   05:00 - "3, 2, 1, Work" to start Move 5   32 x 2   30 sec.   00:20 "3 2 1 Rest, Cycle 1 Complete" to stop   05:00 - "3, 2, 1, Work" to start Move 5   05:00 - "3, 2	TRACK 10					
Move 4:   32 x 2   30 sec.   01:42 "3-2-1 Work" to start Move 4   02:02 "3-2-1 Rest, Cycle 4 Complete" to stop   04:02 "3-2-1 Recover, Tabata Complete" to stop   04:02 "3-2-1 Recover, Tabata Complete" to stop   04:02 "3-2-1 Recover, Tabata Complete" to stop   05:00 = "3, 2, 1, Work" to start Move 5   32 x 2   30 sec.   00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop   05:00 = "3, 2, 1, Rest, Cycle 1 Complete" to stop   06:20 "3, 2, 1, Rest,	BLOCK 5 Don't Call		Move 3:	32 x 2	30 sec.	
Repeat Moves 1-4   32 x 8   2 min   04:02 "3-2-1 Rest, Cycle 4 Complete" to stop   04:02 "3-2-1 Recover, Tabata Complete" to stop   1 min.   05:00 - "3, 2, 1, Work" to start Move 5   1 min.   160   1				+		
Repeat Moves 1-4     32 x 8     2 min     04:02 "3-2-1 Recover, Tabata Complete" to stop       REST     32 x 4     1 min.     05:00 – "3, 2, 1, Work" to start Move 5       TRACK 11     160     Move 5:     32 x 2     30 sec.     00:20 "3, 2, 1 Rest. Oxide 1 Complete" to stop.			IVIOVE 4.	32 x 2	30 sec.	
Repeat Moves 1-4   32 x 8   2 min   stop						
REST 32 x 4 1 min. 05:00 – "3, 2, 1, Work" to start Move 5  TRACK 11 160 Move 5: 32 x 2 30 sec 00:20 "3 2 1 Rest Ovcle 1 Complete" to stope			Repeat Moves 1-4	32 x 8	2 min	
TRACK 11 160 Move 5: 32 x 2 30 sec 00:20 "3 2 1 Rest Cycle 1 Complete" to stop			REST	32 x 4	1 min.	
BLOCK 5 32 x 2 30 sec. 00:20 "3, 2, 1, kest, Cycle 1 Complete" to stop	TRACK 11	160	Move 5:			
	BLOCK 5	100		32 X Z	so sec.	ou.20 <b>3, 2, 1, nest, Cycle 1 Complete</b> to stop

Rain On Me		Move 6:	32 x 2	30 sec.	00:30 " <b>3-2-1 Work</b> " to start Move 6 00:50 " <b>3-2-1 Rest, Cycle 2 Complete"</b> to stop
		Move 7:	32 x 2	30 sec.	01:00 " <b>3-2-1 Work</b> " to start Move 7 01:20 " <b>3-2-1 Rest, Cycle 3 Complete"</b> to stop
		Move 8:	32 x 2	30 sec.	01:30 " <b>3-2-1 Work</b> " to start Move 8 01:50 " <b>3-2-1 Rest, Cycle 4 Complete"</b> to stop
		Repeat Moves 5-8	32 x 8	2 min	03:50 <b>"3-2-1 Recover, Tabata Complete"</b> to stop
		REST	32 x 4	1 min.	
TRACK 12 COOL DOWN Believe	90			5 min.	