TABATA NOW CHOREOGRAPHY TEMPLATE AUGUST 2021

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 WARM UP Feel Good Inc.		PREP	32 x 2	30 sec.	
	128	Move 1:	32 x 2	30 sec.	
		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.	
TRACK 2 BLOCK 1		Move 1:	32 x 3	45 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
	144	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
Hollaback vs. Fancy	144	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 – "3, 2, 1, Work " to start Move 5
	144	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
		Move 6:	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
TRACK 3 BLOCK 1		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
When I Grow Up		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 "3, 2, 1, Work " to start Move 1 00:34 "3, 2, 1, Rest, Cycle 1 Complete" to stop
TRACK 4		Move 2:	32 x 2	30 sec.	00:34 " 3-2-1 Work " to start Move 2 01:04 " 3-2-1 Rest, Cycle 2 Complete " to stop
BLOCK 2 Work B		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
tch vs. Seven Nation Army		Move 4:	32 x 2	30 sec.	01:44 " 3-2-1 Work " to start Move 4 02:04 " 3-2-1 Rest, Cycle 4 Complete " 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 – "3, 2, 1, Work " to start Move 5
TRACK 5 BLOCK 2 Bring Me To Life	144	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1,Rest, Cycle 1 Complete" to stop
		Move 6:	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
		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 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.	

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TRACK 6 BLOCK 3 It's Gonna Be Me	150	Move 1:	32 x 3	45 sec.	00:13 "3, 2, 1, Work " to start Move 1
		Move 2:			00:33 "3, 2, 1, Rest, Cycle 1 Complete" to stop 00:43 "3-2-1 Work" to start Move 2
			32 x 2	30 sec.	01:03 "3-2-1 Rest, Cycle 2 Complete" to stop
		Move 3:	32 x 2	30 sec.	01:13 " 3-2-1 Work " to start Move 3
					01:33 "3-2-1 Rest, Cycle 3 Complete" to stop
		Move 4:	32 x 2	30 sec.	01:43 " 3-2-1 Work " to start Move 4 02:03 " 3-2-1 Rest, Cycle 4 Complete" to stop
					04:03 "3-2-1 Rest, Cycle 4 Complete to Stop
		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
		Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
		Move 6:	32 x 2	30 sec.	00:30 " 3-2-1 Work " to start Move 6
TRACK 7		Move 7:			00:50 "3-2-1 Rest, Cycle 2 Complete" to stop 01:00 "3-2-1 Work" to start Move 7
BLOCK 3		Wove 7:	32 x 2	30 sec.	01:20 "3-2-1 Rest, Cycle 3 Complete" to stop
Larger Than		Move 8:	22 2	20	01:30 "3-2-1 Work " to start Move 8
Life			32 x 2	30 sec.	01:50 "3-2-1 Rest, Cycle 4 Complete" to stop
		Repeat Moves 5-8 32 x	32 x 8	2 min	03:50 "3-2-1 Recover, Tabata Complete" to
		REST	32 x 4	1 min.	stop
		Move 1:	32 X 4	± 111111.	00:12 " 3, 2, 1, Work " to start Move 1
			32 x 3	45 sec.	00:32 "3, 2, 1, Rest, Cycle 1 Complete" to stop
		Move 2:	32 x 2	30 sec.	00:42 " 3-2-1 Work " to start Move 2
TRACK 8			JZXZ	30 300.	01:02 "3-2-1 Rest, Cycle 2 Complete" to stop
BLOCK 4	155	Move 3:	32 x 2	30 sec.	01:12 " 3-2-1 Work " to start Move 3
Say My		Move 4:			01:32 "3-2-1 Rest, Cycle 3 Complete" to stop 01:42 "3-2-1 Work" to start Move 4
Name		Move 4:	32 x 2	30 sec.	02:02 "3-2-1 Rest, Cycle 4 Complete" to stop
			22 0		04:02 "3-2-1 Recover, Tabata Complete" to
		Repeat Moves 1-4	32 x 8	2 min	stop
		REST	32 x 4	1 min.	05:02 – "3, 2, 1, Work " to start Move 5
	155	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
		Move 6:	32 x 2	30 sec.	00:30 "3-2-1 Work " to start Move 6
TRACK 9		Move 7:			00:50 "3-2-1 Rest, Cycle 2 Complete" to stop 01:00 "3-2-1 Work" to start Move 7
BLOCK 4		Wiove 7.	32 x 2	30 sec.	01:20 "3-2-1 Rest, Cycle 3 Complete" to stop
No Limit		Move 8: Repeat Moves 5-8	32 x 2 32 x 8	30 sec. 2 min	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
		REST	32 x 4	1 min.	Stop
	160	Move 1:			00:12 " 3, 2, 1, Work " to start Move 1
			32 x 3	45 sec.	00:32 "3, 2, 1, Rest, Cycle 1 Complete" to stop
		Move 2:	32 x 2	30 sec.	00:42 " 3-2-1 Work " to start Move 2
TRACK 10					01:02 "3-2-1 Rest, Cycle 2 Complete" to stop
BLOCK 5 Better Off Alone		Move 3:	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
		Move 4:	22 4.2	30 sec.	01:42 " 3-2-1 Work " to start Move 4
			32 x 2	SU SEC.	02:02 "3-2-1 Rest, Cycle 4 Complete" to stop
		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	100	Move 5:			
BLOCK 5	160		32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop

Sweet Dreams		Move 6:	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
		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 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.	
TRACK 12 COOL DOWN Try Again	95			5 min.	