

TABATA NOW CHOREOGRAPHY TEMPLATE

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 WARM-UP	128	PREP	32 x 2	30 sec.	
		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	128	Move 1:	32 x 3	45 sec.	00:15 "3, 2, 1, Work" to start Move 1 00:35 "3, 2, 1, Break" to stop
		Move 2:	32 x 2	30 sec.	00:45 "3-2-1 Work" to start Move 2 01:05 "3-2-1 Break" to stop
		Move 3:	32 x 2	30 sec.	01:15 "3-2-1 Work" to start Move 3 01:35 "3-2-1 Break" to stop
		Move 4:	32 x 2	30 sec.	01:45 "3-2-1 Work" to start Move 4 02:05 "3-2-1 Break" to stop
		Repeat Moves 1-4	32 x 8	2 min	04:05 "3-2-1 Recover" to stop
		REST	32 x 4	1 min.	05:00 – "3, 2, 1, Work" to start Move 5
TRACK 3 BLOCK 1	128	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Break" to stop
		Move 6:	32 x 2	30 sec.	00:30 "3-2-1 Work" to start Move 6 00:50 "3-2-1 Break" to stop
		Move 7:	32 x 2	30 sec.	01:00 "3-2-1 Work" to start Move 7 01:20 "3-2-1 Break" to stop
		Move 8:	32 x 2	30 sec.	01:30 "3-2-1 Work" to start Move 8 01:50 "3-2-1 Break" to stop
		Repeat Moves 5-8	32 x 8	2 min	03:50 "3-2-1 Recover" to stop
		REST	32 x 4	1 min.	
TRACK 4 BLOCK 2	135	Move 1:	32 x 3	45 sec.	00:14 "3, 2, 1, Work" to start Move 1 00:34 "3, 2, 1, Break" to stop
		Move 2:	32 x 2	30 sec.	00:34 "3-2-1 Work" to start Move 2 01:04 "3-2-1 Break" to stop
		Move 3:	32 x 2	30 sec.	01:14 "3-2-1 Work" to start Move 3 01:34 "3-2-1 Break" to stop
		Move 4:	32 x 2	30 sec.	01:44 "3-2-1 Work" to start Move 4 02:04 "3-2-1 Break" to stop
		Repeat Moves 1-4	32 x 8	2 min	04:04 "3-2-1 Recover" to stop
		REST	32 x 4	1 min.	05:03 – "3, 2, 1, Work" to start Move 5
TRACK 5 BLOCK 2	135	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Break" to stop
		Move 6:	32 x 2	30 sec.	00:30 "3-2-1 Work" to start Move 6 00:50 "3-2-1 Break" to stop
		Move 7:	32 x 2	30 sec.	01:00 "3-2-1 Work" to start Move 7 01:20 "3-2-1 Break" to stop
		Move 8:	32 x 2	30 sec.	01:30 "3-2-1 Work" to start Move 8 01:50 "3-2-1 Break" to stop
		Repeat Moves 5-8	32 x 8	2 min	03:50 "3-2-1 Recover" to stop
		REST	32 x 4	1 min.	
TRACK 6 BLOCK 3	144	Move 1:	32 x 3	45 sec.	00:13 "3, 2, 1, Work" to start Move 1 00:33 "3, 2, 1, Break" to stop

		<b>Move 2:</b>	32 x 2	30 sec.	00:43 "3-2-1 Work" to start Move 2 01:03 "3-2-1 Break" to stop
		<b>Move 3:</b>	32 x 2	30 sec.	01:13 "3-2-1 Work" to start Move 3 01:33 "3-2-1 Break" to stop
		<b>Move 4:</b>	32 x 2	30 sec.	01:43 "3-2-1 Work" to start Move 4 02:03 "3-2-1 Break" to stop
		<b>Repeat Moves 1-4</b>	32 x 8	2 min	04:03 "3-2-1 Recover" to stop
		REST	32 x 4	1 min.	05:00 – "3, 2, 1, Work" to start Move 5
<b>TRACK 7 BLOCK 3</b>	144	<b>Move 5:</b>	32 x 2	30 sec.	00:20 "3, 2, 1, Break" to stop
		<b>Move 6:</b>	32 x 2	30 sec.	00:30 "3-2-1 Work" to start Move 6 00:50 "3-2-1 Break" to stop
		<b>Move 7:</b>	32 x 2	30 sec.	01:00 "3-2-1 Work" to start Move 7 01:20 "3-2-1 Break" to stop
		<b>Move 8:</b>	32 x 2	30 sec.	01:30 "3-2-1 Work" to start Move 8 01:50 "3-2-1 Break" to stop
		<b>Repeat Moves 5-8</b>	32 x 8	2 min	03:50 "3-2-1 Recover" to stop
		REST	32 x 4	1 min.	
<b>TRACK 8 BLOCK 4</b>	150	<b>Move 1:</b>	32 x 3	45 sec.	00:12 "3, 2, 1, Work" to start Move 1 00:32 "3, 2, 1, Break" to stop
		<b>Move 2:</b>	32 x 2	30 sec.	00:42 "3-2-1 Work" to start Move 2 01:02 "3-2-1 Break" to stop
		<b>Move 3:</b>	32 x 2	30 sec.	01:12 "3-2-1 Work" to start Move 3 01:32 "3-2-1 Break" to stop
		<b>Move 4:</b>	32 x 2	30 sec.	01:42 "3-2-1 Work" to start Move 4 02:02 "3-2-1 Break" to stop
		<b>Repeat Moves 1-4</b>	32 x 8	2 min	04:02 "3-2-1 Recover" to stop
		REST	32 x 4	1 min.	05:02 – "3, 2, 1, Work" to start Move 5
<b>TRACK 9 BLOCK 4</b>	150	<b>Move 5:</b>	32 x 2	30 sec.	00:20 "3, 2, 1, Break" to stop
		<b>Move 6:</b>	32 x 2	30 sec.	00:30 "3-2-1 Work" to start Move 6 00:50 "3-2-1 Break" to stop
		<b>Move 7:</b>	32 x 2	30 sec.	01:00 "3-2-1 Work" to start Move 7 01:20 "3-2-1 Break" to stop
		<b>Move 8:</b>	32 x 2	30 sec.	01:30 "3-2-1 Work" to start Move 8 01:50 "3-2-1 Break" to stop
		<b>Repeat Moves 5-8</b>	32 x 8	2 min	03:50 "3-2-1 Recover" to stop
		REST	32 x 4	1 min.	
<b>TRACK 10 BLOCK 5</b>	160	<b>Move 1:</b>	32 x 3	45 sec.	00:12 "3, 2, 1, Work" to start Move 1 00:32 "3, 2, 1, Break" to stop
		<b>Move 2:</b>	32 x 2	30 sec.	00:42 "3-2-1 Work" to start Move 2 01:02 "3-2-1 Break" to stop
		<b>Move 3:</b>	32 x 2	30 sec.	01:12 "3-2-1 Work" to start Move 3 01:32 "3-2-1 Break" to stop
		<b>Move 4:</b>	32 x 2	30 sec.	01:42 "3-2-1 Work" to start Move 4 02:02 "3-2-1 Break" to stop
		<b>Repeat Moves 1-4</b>	32 x 8	2 min	04:02 "3-2-1 Recover" to stop
		REST	32 x 4	1 min.	05:00 – "3, 2, 1, Work" to start Move 5
<b>TRACK 11 BLOCK 5</b>	160	<b>Move 5:</b>	32 x 2	30 sec.	00:20 "3, 2, 1, Break" to stop
		<b>Move 6:</b>	32 x 2	30 sec.	00:30 "3-2-1 Work" to start Move 6 00:50 "3-2-1 Break" to stop
		<b>Move 7:</b>	32 x 2	30 sec.	01:00 "3-2-1 Work" to start Move 7 01:20 "3-2-1 Break" to stop
		<b>Move 8:</b>	32 x 2	30 sec.	01:30 "3-2-1 Work" to start Move 8 01:50 "3-2-1 Break" to stop

		<b>Repeat Moves 5-8</b>	32 x 8	2 min	03:50 "3-2-1 Recover" to stop
		REST	32 x 4	1 min.	
<b>TRACK 12</b> COOLDOWN	VARIES			3 min.	