TABATA NOW CHOREOGRAPHY TEMPLATE FEBRUARY 2021

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
		PREP	32 x 2	30 sec.	
TRACK 1 WARM-UP		Move 1:	32 x 2	30 sec.	
			52 x 2	50 500.	
	128	Move 2:	32 x 2	30 sec.	
Nothing Breaks Like a		Move 3:	32 x 2	30 sec.	
Heart		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 " 3 , 2 , 1 , Work " to start Move 1 00:35 " 3 , 2 , 1 , Rest, Cycle 1 Complete " to stop
		Move 2:	22 2 2	20.000	00:45 " 3-2-1 Work " to start Move 2
			32 x 2	30 sec.	01:05 "3-2-1 Rest, Cycle 2 Complete" to stop
TRACK 2		Move 3:	32 x 2	30 sec.	01:15 " 3-2-1 Work " to start Move 3
BLOCK 1	138				01:35 "3-2-1 Rest, Cycle 3 Complete" to stop
Supalonely		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
			22 - 4	1 min	stop
		REST Move 5:	32 x 4	1 min.	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
		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	138	Move 7:	32 x 2	30 sec.	01:00 " 3-2-1 Work " to start Move 7
BLOCK 1					01:20 "3-2-1 Rest, Cycle 3 Complete" to stop
i miss you		Move 8:	32 x 2	30 sec.	01:30 " 3-2-1 Work " to start Move 8
		Nove 5.			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
		Move 2:			00:34 " 3-2-1 Work " to start Move 2
			32 x 2	30 sec.	01:04 "3-2-1 Rest, Cycle 2 Complete" to stop
TRACK 4		Move 3:	32 x 2	30 sec.	01:14 "3-2-1 Work" to start Move 3
BLOCK 2					01:34 "3-2-1 Rest, Cycle 3 Complete" to stop
Only You		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 Never Forget You	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
		Repeat Moves 5-8	32 x 8	2 min	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.	

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TRACK 6	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	
BLOCK 3			-		01:33 "3-2-1 Rest, Cycle 3 Complete" to stop	
I Норе		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 Recover, Tabata Complete " to	
		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	
	150	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:	02 / 2		00:50 "3-2-1 Rest, Cycle 2 Complete" to stop	
BLOCK 3		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	
Don't Call		Move 8:			01:30 " 3-2-1 Work " to start Move 8	
Me Up			32 x 2	30 sec.	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.	00.42 // 2 2 4 West // to start Maria 4	
		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	
		Move 2:			00:42 " 3-2-1 Work " to start Move 2	
			32 x 2	30 sec.	01:02 "3-2-1 Rest, Cycle 2 Complete" to stop	
TRACK 8 BLOCK 4	155	Move 3:	32 x 2	30 sec.	01:12 "3-2-1 Work" to start Move 3	
Take What			52 X Z	50 sec.	01:32 "3-2-1 Rest, Cycle 3 Complete" to stop	
You Want		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	
		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.	05:02 – " 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:	22 4 2	20.000	00:30 " 3-2-1 Work " to start Move 6	
			32 x 2	30 sec.	00:50 "3-2-1 Rest, Cycle 2 Complete" to stop	
TRACK 9			Move 7:	32 x 2	30 sec.	01:00 " 3-2-1 Work " to start Move 7
BLOCK 4		Maria O			01:20 "3-2-1 Rest, Cycle 3 Complete" to stop	
Lonely		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	
		Demost Maura 5.0	220	2 min	03:50 " 3-2-1 Recover, Tabata Complete " to	
		Repeat Moves 5-8	32 x 8		stop	
		REST	32 x 4	1 min.		
TRACK 10 BLOCK 5 <i>Monster</i>	160	Move 1:	32 x 3	45 sec.	00:12 " 3 , 2 , 1 , Work " to start Move 1	
		Move 2:			00:32 "3, 2, 1, Rest, Cycle 1 Complete" to stop 00:42 "3-2-1 Work " to start Move 2	
			32 x 2	30 sec.	01:02 "3-2-1 Rest, Cycle 2 Complete" to stop	
		Move 3:	22.2	20	01:12 " 3-2-1 Work " to start Move 3	
			32 x 2	30 sec.	01:32 "3-2-1 Rest, Cycle 3 Complete" to stop	
		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	
		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	4.00	Move 5:				
BLOCK 5	160		32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop	

Dream On		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 COOLDOWN What About Us	114			5 min.	