TABATA NOW CHOREOGRAPHY TEMPLATE FEBRUARY 2022

TRACK 1 WARM UP Just A Friend Move 2: 32 x 2 30 sec. Move 4: 32 x 8 32 x 2 30 sec. Move 4: 32 x 8 32 x 2 30 sec. Move 4: 32 x 8 32 x 2 30 sec. Move 4: 32 x 8 32 x 3 45 sec. Move 1: 32 x 3 45 sec. Move 2: 32 x 2 30 sec. Move 2: 32 x 2 30 sec. Move 3: 40 sec. Move 1: 32 x 3 45 sec. Move 2: 32 x 2 30 sec. Move 3: 32 x 2 30 sec. Move 4: 32 x 2 30 sec. Move 3: 32 x 2 30 sec. Move 4: 32 x 2 30 sec. Move 5: 32 x 2 30 sec. Move 5: 32 x 2 30 sec. Move 6: 32 x 2 30 sec. Move 6: 32 x 2 30 sec. Move 7: 32 x 2 30 sec. Move 8: 32 x 2 30 sec. Move 7: 32 x 2 30 sec. Move 7: 32 x 2 30 sec. Move 8: 32 x 2 30 sec. Move 7: 32 x 2 30 sec. Move 1: 32 x 3 30 sec. Move 7: 32 x 2 30 sec. Move 7: 32 x 2 30 sec. Move 1: 32 x 3 30 sec. Move 7: 32 x 2 30 sec. Move 7: 32 x 2 30 sec. Move 8: 32 x 2 30 sec. Move 9: Move 1: 32 x 2 30 sec. Move 1: 32 x 3 30 sec. Move 7: 32 x 2 30 sec. Move 9: 32 x 2 30 sec. Move 9: 32 x 2 30 sec. Move 9: Move 9: 32 x 2 30 sec. Move 9: 32 x 2 30 sec. Move 9: Move 9: 32 x 2 30 sec. Move 9: Move 9: 32 x 2 30 sec. Move 9: 32 x 2 30 sec. Move 9: Move 9: 32 x 2 30 sec. Move 9: Move 9: 32 x 2 30 sec. Move 9: Move 9: 32 x 2 30 sec. Move 9: Move 9: 32 x 2 30 sec. Move 9: Move 9: 32 x 2 30 sec. Move 9: M	SECTION	ВРМ	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 WARM UP Aust A Friend Move 2: 32 x 2 30 sec.	TRACK 1 WARM UP		PREP	32 x 2	30 sec.	
TRACK 2 Move 3: 32 x 2 30 sec.			Move 1:	32 x 2	30 sec.	
Move 3: 32 x 2 30 sec.			Move 2:	32 x 2	30 sec.	
Move 4: 32 x 2 30 sec.			Move 3:	32 x 2	30 sec.	
Move 1: 32 x 2 30 sec 0.015 "3, 2, 1, Work" to start Move 1 0.035 "3, 2, 1, Rest, Cycle 1 Complete" to stop 0.045 "3-2-1 Work" to start Move 2 0.045 "3-2-1 Work" to start Move 2 0.045 "3-2-1 Work" to start Move 3 0.045 "3-2-1 Work" to start Move 4 0.035 "3-2-1 Rest, Cycle 2 Complete" to stop 0.045 "3-2-1 Work" to start Move 4 0.035 "3-2-1 Rest, Cycle 3 Complete" to stop 0.045 "3-2-1 Work" to start Move 4 0.045 "3-2-1 Work" to start Move 4 0.045 "3-2-1 Work" to start Move 5 0.020 "3, 2, 1, Rest, Cycle 1 Complete" to stop 0.045 "3-2-1 Rest, Cycle 3 Complete" to stop 0.050 "3-2-1 Rest, Cycle 4 Complete" to stop 0.050 "3-2-1 Rest, Cycle 3 Complete" to stop 0.050 "3-2-1 Rest, Cycle 3 Complete" to stop 0.050 "3-2-1 Rest, Cycle 4 Complete" to stop 0.050 "3-2-1			Move 4:	32 x 2	30 sec.	
Move 1:			Repeat Moves 1-4	32 x 8	2 min	
TRACK 2 BLOCK 1 Brutal TRACK 3 BLOCK 1 Brutal TRACK 3 BLOCK 1 Brutal TRACK 4 BLOCK 1 Brutal TRACK 4 BLOCK 2 ITACK 5 BLOCK 3 ITACK 5 ITACK 5 BLOCK 5 ITACK 5 ITACK 5 ITACK 5 ITACK 5 ITACK			REST	32 x 2	30 sec.	
TRACK 2 BLOCK 1 abcdefu Move 3: 32 x 2 30 sec. 01:15"3-2-1 Rest, Cycle 2 Complete" to stop Move 4: 32 x 2 30 sec. 01:15"3-2-1 Work" to start Move 4 02:2 18 sec. 18			Move 1:	32 x 3	45 sec.	, , ,
BLOCK 1 abcdefu Block 1 abcdefu Block 2 abcdefu abcdefu Block 3 abcdefu abcd			Move 2:	32 x 2	30 sec.	
## Repeat Moves 1-4 Repeat Moves 1-4 32 x 8 2 min 04:05 "3-2-1 Recover, Tabata Complete" to stop		144	Move 3:	32 x 2	30 sec.	
Repeat Moves 1-4 32 x 8 2 min 04:05 "3-2-1 Recover, Tabata Complete" to stop	abcdefu		Move 4:	32 x 2	30 sec.	01:45 " 3-2-1 Work " to start Move 4
Nove 5: 32 x 2 30 sec. 00:20 "3, 2, 1, Work" to start Move 5			Repeat Moves 1-4	32 x 8	2 min	04:05 "3-2-1 Recover, Tabata Complete" to
Move 6: 32 x 2 30 sec. 00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop			REST	32 x 4	1 min.	05:00 – " 3, 2, 1, Work " to start Move 5
TRACK 3 BLOCK 1 Brutal Move 7: 32 x 2 30 sec. 10:00 "3-2-1 Rest, Cycle 2 Complete" to stop 11:00 "3-2-1 Rest, Cycle 3 Complete" to stop 11:00 "3-2-1 Rest, Cycle 4 Complete" to stop 11:00 "3-2-1 Rest, Cycle 3 Complete" to stop 11:00 "3-2-1 Res			Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
TRACK 3 BLOCK 1 Brutal		144	Move 6:	32 x 2	30 sec.	
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 03:50 "3-2-1 Rest, Cycle 3 Complete" to stop 03:50 "3-2-1 Rest, Cycle 3 Complete" to stop 03:4 "3, 2, 1, Work" to start Move 1 00:34 "3, 2, 1, Rest, Cycle 1 Complete" to stop 03:4 "3-2-1 Rest, Cycle 2 Complete" to stop 03:4 "3-2-1 Rest, Cycle 3 Complete" to stop 03:50 "3-2-1 Rest, Cycle 4 Complete" to stop 03:50 "3-2-1 Rest, Cycle 4 Complete" to stop 03:50 "3-2-1 Rest, Cycle 4 Complete" to stop 03:50 "3-2-1 Rest, Cycle 3 Complete" to stop 03:50 "3-2-1 Rest, Cycle 4 Complete" to stop 03:50 "3-2-1 Rest,			Move 7:	32 x 2	30 sec.	01:00 " 3-2-1 Work " to start Move 7
Repeat Moves 5-8 32 x 8 2 min 03:50 "3-2-1 Recover, Tabata Complete" to stop	Brutal		Move 8:	32 x 2	30 sec.	01:30 " 3-2-1 Work " to start Move 8
REST 32 x 4			Repeat Moves 5-8	32 x 8	2 min	03:50 "3-2-1 Recover, Tabata Complete" to
TRACK 4 BLOCK 2 I Can Feel it 144			REST	32 x 4	1 min.	·
TRACK 4 BLOCK 2 I Can Feel It Move 4: 144 BLOCK 2 I Can Feel It Move 4: 144 BLOCK 2 I Can Feel It Move 4: 144 BLOCK 2 I Can Feel It Move 4: 144 BLOCK 2 I Can Feel It Move 4: 144 BLOCK 2 I Can Feel It Move 4: 144 BLOCK 2 I Can Feel It Move 4: 144 BLOCK 2 I Can Feel It Move 4: 144 BLOCK 2 I Can Feel It Move 4: 144 BLOCK 2 I Can Feel It Move 4: 144 BLOCK 2 I Can Feel It Move 4: 144 BLOCK 2 I Can Feel It Move 5: 144 BLOCK 2 I Can Feel It Move 6: 144 BLOCK 2 I Can Feel It Move 6: 144 BLOCK 2 I Can Feel It Move 6: 144 BLOCK 2 I Can Feel It Move 6: 144 BLOCK 2 I Can Feel It BLOCK 2 I Can Feel It Move 6: 144 BLOCK 2 I Can Feel It		144	Move 1:	32 x 3	45 sec.	
TRACK 4 BLOCK 2 I Can Feel It			Move 2:	32 x 2	30 sec.	
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			Move 3:	32 x 2	30 sec.	01:14 " 3-2-1 Work " to start Move 3
Repeat Moves 1-4 32 x 8 2 min 04:04 "3-2-1 Recover, Tabata Complete" to stop	I Can Feel It		Move 4:	32 x 2	30 sec.	01:44 " 3-2-1 Work " to start Move 4
Move 5: 32 x 2 30 sec. 00:20 "3, 2, 1,Rest, Cycle 1 Complete" to stop			Repeat Moves 1-4	32 x 8	2 min	04:04 "3-2-1 Recover, Tabata Complete" to
Move 6: 32 x 2 30 sec. 00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop			REST	32 x 4	1 min.	05:03 – "3, 2, 1, Work " to start Move 5
TRACK 5 BLOCK 2 Now or Never 144 Move 8: 32 x 2 30 sec. 30 sec. 00:50 "3-2-1 Rest, Cycle 2 Complete" to stop 01:00 "3-2-1 Work" to start Move 7 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 01:50 "3-2-1 Rest, Cycle 4 Complete" to stop 03:50 "3-2-1 Recover, Tabata Complete" to 03:50 "3-2-1 Recover, Tabata Complete" to 03:50 "3-2-1 Recover, Tabata Complete" to 03:50 "3-2-1 Recover, Tabata Complete" 03:50 "3-2-1	BLOCK 2 Now or	144	Move 5:	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 01:20 "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			Move 6:	32 x 2	30 sec.	
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			Move 7:	32 x 2	30 sec.	01:00 " 3-2-1 Work " to start Move 7
Repeat Moves 5-8 32 x 8 2 min 03:50 "3-2-1 Recover, Tabata Complete" to			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	03:50 "3-2-1 Recover, Tabata Complete" to
REST 32 x 4 1 min.			REST	32 x 4	1 min.	

TRACK 6		Move 1:	32 x 3	45 sec.	00:13 " 3, 2, 1, Work " to start Move 1 00:33 " 3, 2, 1, Rest, Cycle 1 Complete" to stop
		Move 2:	32 x 2	30 sec.	00:43 "3-2-1 Work " to start Move 2 01:03 "3-2-1 Rest, Cycle 2 Complete" to stop
		Move 3:	32 x 2	30 sec.	01:13 "3-2-1 Nest, Cycle 2 Complete to stop 01:13 "3-2-1 Work" to start Move 3 01:33 "3-2-1 Rest, Cycle 3 Complete" to stop
BLOCK 3	150	Move 4:			01:43 '3-2-1 Work " to start Move 4
Bust A Move		Wove 4:	32 x 2	30 sec.	02:03 "3-2-1 Work to start Move 4
		Repeat Moves 1-4	32 x 8	2 min	04:03 "3-2-1 Recover, Tabata Complete" to 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 00:50 " 3-2-1 Rest, Cycle 2 Complete" to stop
TRACK 7 BLOCK 3	150	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
Imma Be	255	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
		REST	32 x 4	1 min.	stop
		Move 1:	32 X 4	1111111.	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
TD A CK O		Move 2:	32 x 2	30 sec.	00:42 " 3-2-1 Work " to start Move 2 01:02 " 3-2-1 Rest, Cycle 2 Complete" to stop
TRACK 8 BLOCK 4	150	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
Runnin' (Lose It All)		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
		Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
	150	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 9 BLOCK 4		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
Into The Unknown		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
		REST	32 x 4	1 min	stop
		Move 1:	32 x 3	1 min. 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
TRACK 10 BLOCK 5		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
MONEY		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	160	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop

Blow		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 Pressure	75				