TABATA NOW CHOREOGRAPHY TEMPLATE JULY 2022

SECTION	BPM	GRAPHY TEMPLATE JULY 2022 DESCRIPTION	COUNTS	TIME	MUSIC CUES
		PREP	32 x 2	30 sec.	
TRACK 1 WARM UP Jump		Move 1:	32 x 2	30 sec.	
	128		32 X Z	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	144	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
		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
Bounce		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
					04:05 "3-2-1 Rest, Cycle 4 Complete" to stop
		Repeat Moves 1-4 REST	32 x 8	2 min	stop 05:00 – "3, 2, 1, Work" to start Move 5
		Move 5:	32 x 4	1 min.	
	144		32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
TRACK 3 BLOCK 1 Jump Around		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.	
	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:	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
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
BLOCK 2 Booty Bounce		Move 4:	32 x 2	30 sec.	01:44 " 3-2-1 Work " to start Move 4
		Repeat Moves 1-4	32 x 8	2 min	02:04 "3-2-1 Rest, Cycle 4 Complete" to stop 04:04 "3-2-1 Recover, Tabata Complete" to
		REST	32 x 4	1 min.	stop 05:03 – " 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 5 BLOCK 2 Pony (Jump On It)		Move 7:	32 x 2	30 sec.	01:00 " 3-2-1 Work " to start Move 7
		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
		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
		·	32 x 4		stop
		REST	32 X 4	1 min.	

TRACK 6 BLOCK 3 Bounce		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
	150	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 Work " to start Move 3 01:33 "3-2-1 Rest, Cycle 3 Complete" to stop
		Move 4:		_	01:43 " 3-2-1 Work " to start Move 4
		move ii	32 x 2	30 sec.	02:03 "3-2-1 Rest, Cycle 4 Complete" to stop
		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
TRACK 7 BLOCK 3 22 Jump Street (Theme From The Motion	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 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
	150	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
Picture 22					03:50 "3-2-1 Recover, Tabata Complete" to
Jump Street)		Repeat Moves 5-8	32 x 8	2 min	stop
		REST	32 x 4	1 min.	
		Move 1:	32 x 3	45 sec.	00:12 "3, 2, 1, Work " to start Move 1
		Maria 2			00:32 "3, 2, 1, Rest, Cycle 1 Complete" to stop 00:42 "3-2-1 Work" to start Move 2
		Move 2:	32 x 2	30 sec.	01:02 "3-2-1 Work to start Move 2
TRACK 8		Move 3:		1	01:12 " 3-2-1 Work " to start Move 3
BLOCK 4	160		32 x 2	30 sec.	01:32 "3-2-1 Rest, Cycle 3 Complete" to stop
Trampoline		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
	160	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 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
Jump		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.	
	160	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:	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 10 BLOCK 5 This House Is Mine		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:	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

No Limit		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 Jumpin', Jumpin'	90				