TABATA NOW CHOREOGRAPHY TEMPLATE JUNE 2023

TRACK 1 WARM UP EER B. 128 Move 2: 32 x 2 30 sec. Move 4: 32 x 8 2 min 129 Move 1: 32 x 3 30 sec. Repeat Moves 1-4 32 x 8 2 min 120 Move 2: 32 x 2 30 sec. Move 3: 32 x 2 30 sec. Move 4: 32 x 2 30 sec. Move 6: 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 8: 32 x 2 30 sec. Move 8: 32 x 2 30 sec. Move 9: 32	SECTION	ВРМ	DESCRIPTION	COUNTS	TIME	MUSIC CUES
Move 1: 32 x 2 30 sec.			PREP	32 x 2		
Move 2: 32 x 2 30 sec.	WARM UP					
Move 3: 32 x 2 30 sec				32 X Z	30 sec.	
Move 4: 32 x 2 30 sec.			Move 2:	32 x 2	30 sec.	
## Repeat Moves 1-4 144 Move 1: 32 x 3 45 sec. 00.15 "3, 2, 1, 1, Work" to start Move 1 00.35 "3, 2, 1, Rest, Cycle 1 Complete" to stop 00.45 "3-2.1 Work" to start Move 2 00.45 "3-2.1 Work" to start Move 3 00.45 "3-2.1 Work" to start Move 4 00.45 "3-2.1 Work" to start Move 5 00.45 "3-2.1 Work" to start Move 5 00.45 "3-2.1 Work" to start Move 6 00.45 "3-2.1 Work" to start Move 5 00.45 "3-2.1 Work" to start Move 6 00.50 "3-2.1 Work" to start Move 7 01.20 "3-2.1 Work" to start Move 8 01.50 "3-2.1 Rest, Cycle 2 Complete" to stop 00.50 "3-2.1 Work" to start Move 8 01.50 "3-2.1 Rest, Cycle 3 Complete" to stop 00.50 "3-2.1 Work" to start Move 9 01.50 "3-2.1 Rest, Cycle 3 Complete" to stop 00.50 "		128	Move 3:	32 x 2	30 sec.	
## Move 1: 32 x 2 30 sec. Move 1: 32 x 3 45 sec. 0.015 "3, 2, 1, Work" to start Move 1			Move 4:	32 x 2	30 sec.	
TRACK 2 BLOCK 1 I Move 2: 32 x 2 BLOCK 1 I Move 3: 32 x 2 BLOCK 1 I Move 4: 32 x 2 BLOCK 1 I Move 5: 32 x 2 BLOCK 1 I Move 5: 32 x 2 BLOCK 1 I Move 5: 32 x 2 BLOCK 1 I Move 6: 32 x 2 BLOCK 1 I Move 6: 32 x 2 BLOCK 1 I Move 6: 32 x 2 BLOCK 1 I Move 7: 32 x 2 BLOCK 1 I Move 8: 32 x 2 BLOCK 1 I Move 7: 32 x 2 BLOCK 1 I Move 8: 32 x 2 BLOCK 2 I Move 8: 32 x 2 BLOCK 2 I Move 8: 32 x 3 BLOCK 1 I Move 8: 32 x 3 BLOCK 2 I Move 8: 32 x 3 BLOCK 2 I Move 9: 32 x 3 BLOCK 2 I Move 9: 32 x 3 BLOCK 4 BLOCK 2 I Move 9: 32 x 3 BLOCK 4 BLOCK 2 I Move 9: 32 x 3 BLOCK 2 I Move 9: 32 x 3 BLOCK 4 BLOCK 2 I Move 9: 32 x 3 BLOCK 4 BLOCK 2 I Move 9: 32 x 3 BLOCK 4 BLOCK 2 I Move 9: 32 x 3 BLOCK 4 BLOCK 2 I Move 9: 32 x 3 BLOCK 4 BLOCK 2 I Move 9: 32 x 3 BLOCK 4 BLOCK 2 I Move 9: 32 x 3 BLOCK 4 BLOCK 2 I Move 9: 32 x 3 BLOCK 4 BLOCK 2 I Move 9: 32 x 3 BLOCK 4 BLOCK 2 BLOCK 2 I Move 9: 32 x 3 BLOCK 4 BLOCK 2 BLOCK 3 BLOCK 3 BLOCK 3 BLOCK 4 BLOCK 3 BLOCK 4 BLOCK 4 BLOCK 4 BLOCK 4 BLOCK 4 BLOCK 4 BLOCK 5 BLOCK 6 BLOCK 6 BLOCK 6 BLOCK 7 BLOCK 6 BLOCK 7 BLOCK 6 BLOCK 7 BL			Repeat Moves 1-4	32 x 8	2 min	
TRACK 2 BLOCK 1 I Want You Move 2: 32 x 2 30 sec. Move 3: 32 x 2 30 sec. Move 3: 32 x 2 30 sec. Move 4: 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: Move 6: 32 x 2 30 sec. Move 7: Move 8: 32 x 2 30 sec. Move 8: 32 x 2 30 sec. Move 7: Move 8: 32 x 2 30 sec. Move 8: 32 x 2 30 sec. Move 7: Move 8: 32 x 2 30 sec. Move 7: 32 x 2 30 sec. Move 7: 32 x 2 30 sec. Move 7: Move 8: 32 x 2 30 sec. Move 8: 32 x 2 30 sec. Move 7: 32 x 2 30 sec. Move 7: Move 8: 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 8: 32 x 2 30 sec. Move 7: Move 8: 32 x 2 30 sec. Move 9: Move 8: 32 x 2 30 sec. Move 9: Move 8: 32 x 2 30 sec. Move 9: Move 9: 32 x 2 30 sec. Move 1: 32 x 3 30 sec. Move 2: 30 sec. Move 3: 30 sec. Move 1: 30 sec. Move 2: 30 sec. Move 3: 30 sec. Move 3: 30 sec. Move 1: 30 sec. Move 3: 30 sec. Move 1: 30 sec. Move 1: 30 sec. Move 1: 30 sec. Move 2: 30 sec. Move 3: 30 sec. Move 1: 30 sec. Move 2: 30 sec. Move 1: 30 sec. Move 2: 30 sec. Move 3: 30 sec. Move 3: 30 sec. Move 3: 30 sec. Move 3: 30 sec. Move 1: 30 sec. Move 1: 30 sec. Move 1: 30 sec. Move 2: 30 sec. Move 3: 30 sec. Move 3: 30 sec. Move 4: 30 sec. Move 4: 30 sec. Move 6: 30 sec. Move 6: 30 sec. Move 7: 30 sec.			REST	32 x 2	30 sec.	
TRACK 2 BLOCK 1 I Want You Move 3: 32 x 2 30 sec. 144 Move 4: 32 x 8 2 min Move 5: 32 x 2 30 sec. 10:15 "3-2-1 Rest, Cycle 2 Complete" to stop 125 Meyer to start Move 4 01:35 "3-2-1 Rest, Cycle 4 Complete" to stop 125 Move 5: 32 x 2 30 sec. 126 Move 5: 32 x 2 30 sec. 127 Move 6: 32 x 2 30 sec. 128 Move 6: 32 x 2 30 sec. 129 Move 7: 32 x 2 30 sec. 129 Move 7: 32 x 2 30 sec. 120:00 "3-2-1 Rest, Cycle 2 Complete" to stop 120:00 "3-2-1 Work" to start Move 6 01:00 "3-2-1 Work" to start Move 6 01:00 "3-2-1 Work" to start Move 6 01:00 "3-2-1 Work" to start Move 7 01:00 "3-2-1 Rest, Cycle 2 Complete" to stop 120 Move 8: 120 Move 8: 121 Move 9: 122 Move 9: 123 x 2 30 sec. 124 Move 1: 32 x 3 30 sec. 125 Move 9: 32 x 2 30 sec. 126 Move 8: 32 x 2 30 sec. 127 Move 1: 32 x 3 30 sec. 128 Move 1: 32 x 3 30 sec. 129 Move 1: 32 x 3 30 sec. 120 "3-2-1 Work" to start Move 7 01:20 "3-2-1 Rest, Cycle 2 Complete" to stop 01:50 "3-2-1 Rest, Cycle 3 Complete" to stop 01:50 "3-2-1 Rest, Cycle 3 Complete" to stop 01:50 "3-2-1 Rest, Cycle 3 Complete" to stop 01:50 "3-2-1			Move 1:	32 x 3	45 sec.	, , ,
BLOCK 1 144			Move 2:	32 x 2	30 sec.	
Repeat Moves 1-4 32 x 8 2 min 10 x 10	_	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	I Want You	,	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	e.		Repeat Moves 1-4	32 x 8	2 min	04:05 "3-2-1 Recover, Tabata Complete" to
TRACK 3 BLOCK 1 Hallucinate Move 6: 32 x 2 30 sec. 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 00:50 "3-2-1 Rest, Cycle 2 Complete" to stop 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 Work" to start Move 8 01:50 "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 2 Complete" to stop 03:40 "3, 2, 1, Rest, Cycle 1 Complete" to stop 03:40 "3, 2, 1, Rest, Cycle 1 Complete" to stop 03:40 "3, 2, 1, Rest, Cycle 1 Complete" to stop 03:40 "3, 2, 1, Rest, Cycle 2 Complete" to stop 03:40 "3-2-1 Rest, Cycle 3 Complete" to stop 03:40 "3-2-1 Rest, Cycle			REST	32 x 4	1 min.	
TRACK 3 BLOCK 1 Hallucinate Hallucin		144	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
TRACK 3 BLOCK 1 Hallucinate Hallucin			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 1 Complete" to stop 03:40 "3-2-1 Rest, Cycle 1 Complete" to stop 00:34 "3-2-1 Work" to start Move 2 01:04 "3-2-1 Rest, Cycle 2 Complete" to stop 01:34 "3-2-1 Rest, Cycle 3 Complete" to stop 03:40 "3-2-1 Rest, Cycle 3 Complete" to stop 04:04 "3-2-1 Rest, Cycle 3 Complete" to stop 04:04 "3-2-1 Rest, Cycle 4 Complete" to stop 06:05 "3-2-1 Rest, Cycle 4 Complete" to stop 06:05 "3-2-1 Rest, Cycle 4 Complete" to stop 06:05 "3-2-1 Rest, Cycle 3 Complete" to stop 06:05 "3-2-1 Rest, Cycle 4 Complete" to stop 06:05 "3-2-1 Rest, Cycle 3 Complete" to stop 06:05 "3-2-1 Rest, Cycle 4 Complete" to stop 06:05 "3-2-1 R			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			Move 8:	32 x 2	30 sec.	01:30 " 3-2-1 Work " to start Move 8
TRACK 4 BLOCK 2 GOSSIP Move 1: 32 x 2 30 sec. 1144 32 x 1 More 1: 32 x 2 30 sec. 1144 32 x 1 More 2: 32 x 2 30 sec. 1144 32 x 1 More 3: 32 x 2 30 sec. 1144 32 x 1 More 4: 32 x 2 30 sec. 1144 32 x 1 More 4: 32 x 2 30 sec. 1144 32 x 1 More 4: 32 x 2 30 sec. 1144 32 x 1 More 4: 32 x 2 30 sec. 1144 32 x 1 More 4: 32 x 2 30 sec. 1144 32 x 1 More 4: 32 x 2 30 sec. 1144 32 x 1 More 5: 32 x 2 30 sec. 1144 32 x 1 More 7: 32 x 2 30 sec. 1145 More 6: 32 x 2 30 sec. 1145 More 6: 32 x 2 30 sec. 1145 More 7: 32 x 2 30 sec. 1150 More 7: 1150 Mor			Repeat Moves 5-8	32 x 8	2 min	03:50 "3-2-1 Recover, Tabata Complete" to
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 00:34 "3, 2, 1, Rest, Cycle 1 Complete" to stop 00:34 "3, 2, 1, Rest, Cycle 2 Complete" to stop 00:04 "3, 2, 1 Rest, Cycle 2 Complete" to stop 00:04 "3-2-1 Rest, Cycle 2 Complete" to stop 00:04 "3-2-1 Work" to start Move 2 00:04 "3-2-1 Work" to start Move 3 00:04 "3-2-1 Rest, Cycle 3 Complete" to stop 00:04 "3-2-1 Rest, Cycle 4 Complete" to stop 00:00 "3, 2, 1, Rest, Cycle 1 Complete" to stop 00:00 "3, 2, 1, Rest, Cycle 1 Complete" to stop 00:00 "3-2-1 Rest, Cycle 2 Complete" to stop 00:00 "3-2-1 Rest, Cycle 2 Complete" to stop 00:00 "3-2-1 Rest, Cycle 3 Complete" to stop 00:00 "3-2-1 Rest, Cycle 4 Complete" to stop 00:00 "3-2-1 Rest, Cycle 3 Complete" to stop 00:0	1		REST	32 x 4	1 min.	
TRACK 4 BLOCK 2 GOSSIP Move 4: Repeat Moves 1-4 TRACK 5 BLOCK 2 Purple Hat TRACK 5 BLOCK 2 Purple Hat Move 8: 144 Move 3: 30 sec.		144	Move 1:	32 x 3		
Move 3: 32 x 2 30 sec. 01:14 "3-2-1 Work" to start Move 3			Move 2:	32 x 2	30 sec.	00:34 " 3-2-1 Work " to start Move 2
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	£		Move 4:	32 x 2	30 sec.	01:44 " 3-2-1 Work " to start Move 4
TRACK 5 BLOCK 2 Purple Hat Move 5: 32 x 2 30 sec. 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 5: 32 x 2 30 sec. 00:20 "3, 2, 1,Rest, Cycle 1 Complete" to stop			REST	32 x 4	1 min.	
TRACK 5 BLOCK 2 Purple Hat Move 7: 32 x 2 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 Rest, Cycle 3 Complete" to stop 01:30 "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 Rest, Cycle 4 Complete" to stop 03:50 "3-2-1 Recover, Tabata Complete" to stop	BLOCK 2	144				
BLOCK 2 Purple Hat 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 01:50 "3-2-1 Rest, Cycle 4 Complete" to stop 03:50 "3-2-1 Recover, Tabata Complete" to stop 32 x 8 2 min 30 sec. 01:20 "3-2-1 Rest, Cycle 3 Complete" to stop 01:50 "3-2-1 Recover, Tabata Complete" to stop 32 x 8			Move 6:	32 x 2	30 sec.	
Purple Hat 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			Move 7:	32 x 2	30 sec.	
Repeat Moves 5-8 32 x 8 2 min 03:50 "3-2-1 Recover, Tabata 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	03:50 "3-2-1 Recover, Tabata Complete" to
			REST	32 x 4	1 min.	

			1	T
	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
-	Move 3:	32 x 2	30 sec.	01:03 "3-2-1 Rest, Cycle 2 Complete" to stop 01:13 "3-2-1 Work" to start Move 3
150				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
	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
	Move 7:	222	20	01:00 "3-2-1 Work" to start Move 7
150		32 X 2	30 sec.	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
	Panest Mayor F 0	220	2 m!=	03:50 "3-2-1 Recover, Tabata Complete" to
	Repeat Moves 5-8	32 X 8		stop
	REST	32 x 4	1 min.	
	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
-	Move 3:	222	20	01:12 " 3-2-1 Work " to start Move 3
150		32 X Z	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
•		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
	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:			01:00 "3-2-1 Work" to start Move 7
150		32 x 2	30 sec.	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
	Deposit Marias F 0	22 0	2	03:50 "3-2-1 Recover, Tabata Complete" to
	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 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
160	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
				I
•	REST	32 x 4	1 min.	05:00 – "3, 2, 1, Work " to start Move 5
1	150	Move 2: Move 3: Move 4: Repeat Moves 1-4 REST Move 5: Move 6: Move 7: Move 8: Repeat Moves 5-8 REST Move 1: Move 2: Move 4: Repeat Moves 1-4 REST Move 6: Move 6: Move 6: Move 5: Move 6: Move 7: Move 5: Move 6: Move 7: Move 7: Move 6: Move 7: Move 7: Move 8: Repeat Moves 5-8 REST Move 1: Move 3:	Move 2: Move 3: Move 4: Repeat Moves 1-4 REST Move 6: Move 7: Move 8: REST Move 1: Move 1: Move 2: Move 4: Repeat Moves 5-8 REST Move 4: REST Move 6: 32 x 2 Repeat Moves 5-8 REST Move 6: 32 x 2 Repeat Move 5: 32 x 2 Repeat Move 5: 32 x 2 Repeat Move 6: 32 x 2 Repeat Move 6: 32 x 2 Move 6: 32 x 2 Move 6: 32 x 2 Repeat Move 5: 32 x 2 Move 6: 32 x 2 Move 6: 32 x 2 Move 6: 32 x 2 Move 7: 32 x 2 Move 6: 32 x 2 Move 7: 32 x 2 Move 7: 32 x 2 Move 6: 32 x 2 Move 6: 32 x 2 Move 7: 32 x 2 Move 6: 32 x 2 Move 6: 32 x 2 Move 7: 32 x 2 Move 6: 32 x 2 Move 7: 32 x 2 Move 6: 32 x 2 Move 6: 32 x 2 Move 6: 32 x 2 Move 7: 32 x 2 Move 6: 32 x 2 Move 6: 32 x 2 Move 6: 32 x 2 Move 7: 32 x 2 Move 8: 32 x 3 Move 2: 32 x 3 Move 2: 32 x 3	Move 2: 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. Move 6: 32 x 2 30 sec. Move 7: 32 x 2 30 sec. Move 8: 32 x 2 30 sec. Repeat Moves 5-8 32 x 8 2 min REST 32 x 2 30 sec. Move 1: 32 x 2 30 sec. Move 2: 32 x 2 30 sec. Move 4: 32 x 2 30 sec. Move 4: 32 x 2 30 sec. Move 5: 32 x 2 30 sec. Repeat Moves 5-8 32 x 8 2 min REST 32 x 2 30 sec. Move 4: 32 x 2 30 sec. Move 6: 32 x 2 30 sec. Repeat Moves 1-4 32 x 8 2 min REST 32 x 4 1 min. Move 5: 32 x 2 30 sec. Move 6: 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 6: 32 x 2 30 sec. Move 6: 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 6: 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 8: 32 x 2 30 sec. Move 8: 32 x 2 30 sec. Move 9: 32 x 2 30 sec. Move 2: 32 x 2 30 sec. Move 3: 32 x 2 30 sec.

Chemical		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 Work Out	95				