TABATA NOW CHOREOGRAPHY TEMPLATE

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 WARM-UP	128	PREP	32 x 1	15 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.	
		Transition	16 x 1	8 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
	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
TRACK 3 BLOCK 1		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.	
	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
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 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
	135	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Break" to stop
TRACK 5 BLOCK 2		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.	

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
	Move 2:	32 x 2	30 sec.	00:43 " 3-2-1 Work " to start Move 2 01:03 " 3-2-1 Break " to stop
	Move 3:	32 x 2	30 sec.	01:13 "3-2-1 Work " to start Move 3 01:33 "3-2-1 Break" to stop
	Move 4:	32 x 2	30 sec.	01:43 " 3-2-1 Work " to start Move 4 02:03 "3-2-1 Break" to stop
	Papast Mayos 1.4	22 × 9	2 min	04:03 " 3-2-1 Recover " to stop
				05:00 – " 3, 2, 1, Work " to start Move 5
		52 X 4	± 111011.	03.00 - 3, 2, 1, WORK to start Move 5
144		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.	
150	Move 1:	32 x 3	45 sec.	00:12 " 3, 2, 1, Work " to start Move 1 00:32 " 3, 2, 1, Break " to stop
	Move 2:	32 x 2	30 sec.	00:42 " 3-2-1 Work " to start Move 2 01:02 " 3-2-1 Break " to stop
	Move 3:	32 x 2	30 sec.	01:12 " 3-2-1 Break " to stop 01:12 " 3-2-1 Work " to start Move 3 01:32 " 3-2-1 Break " to stop
	Move 4:	32 x 2	30 sec.	01:42 "3-2-1 Work" to start Move 4
				02:02 "3-2-1 Break" to stop
	Repeat Moves 1-4	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
150	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	
160	Move 1:	32 x 3	45 sec.	00:12 " 3, 2, 1, Work " to start Move 1 00:32 "3, 2, 1, Break" to stop
	Move 2:	32 x 2	30 sec.	00:42 " 3-2-1 Work " to start Move 2 01:02 " 3-2-1 Break " to stop
	Move 3:	32 x 2	30 sec.	01:12 " 3-2-1 Break " to stop 01:12 " 3-2-1 Work " to start Move 3 01:32 "3-2-1 Break" to stop
	Move 4:	32 x 2	30 sec.	01:42 " 3-2-1 Break " to stop 02:02 " 3-2-1 Work " to start Move 4
	Repeat Moves 1-4	32 v 8	2 min	04:02 "3-2-1 Recover" to stop
	•			05:00 – "3, 2, 1, Work " to start Move 5
	Move 5:	32 x 4	30 sec.	00:20 "3, 2, 1, Break" to stop
160	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
	144	Move 2: Move 3: Move 4: Repeat Moves 1-4 REST Move 6: Move 7: Move 8: Repeat Moves 5-8 REST Move 1: Move 2: Move 3: 150 Move 5: Move 6: Repeat Moves 5-8 REST Move 1: Move 2: Move 3: 150 Move 5: Move 6: Move 6: Move 6: Move 7: 150 Move 7: Move 8: Repeat Moves 5-8 REST Move 6: Move 7: Move 8: Repeat Moves 5-8 REST Move 1: Move 1: Move 1: Move 2: Move 3: 160	Move 2:32 × 3Move 3:32 × 2Move 4:32 × 2Repeat Moves 1-432 × 8RESI32 × 2Move 6:32 × 2Move 7:32 × 2Move 8:32 × 2Move 8:32 × 2Move 8:32 × 2Move 1:32 × 3Move 1:32 × 2Move 3:32 × 2Move 4:32 × 2Move 5:32 × 2Move 5:32 × 2Move 6:32 × 2Move 7:32 × 2Move 6:32 × 2Move 7:32 × 2Move 6:32 × 2Move 7:32 × 2Move 7:32 × 2Move 7:32 × 2Move 8:32 × 2Move 8:32 × 2Move 8:32 × 2Move 8:32 × 2Move 1:32 × 3Move 1:32 × 3Move 2:32 × 2Move 4:32 × 2 </td <td>14432 x345 sec.Move 2:32 x230 sec.Move 3:32 x230 sec.Move 4:32 x82 min165132 x41 min165132 x230 sec.Move 6:32 x230 sec.Move 7:32 x230 sec.Move 8:32 x230 sec.Move 7:32 x230 sec.Move 7:32 x230 sec.Move 1:32 x230 sec.Move 1:32 x230 sec.Move 2:30 sec.32 x2Move 3:32 x230 sec.Move 4:32 x230 sec.Move 5:32 x230 sec.Move 1:32 x230 sec.Move 2:30 sec.32 x2Move 3:32 x230 sec.Move 4:32 x230 sec.Move 5:32 x230 sec.Move 6:32 x230 sec.Move 7:32 x230 sec.Move 6:32 x230 sec.Move 7:32 x230 sec.Move 7:32 x230 sec.Move 8:32 x230 sec.Move 7:32 x230 sec.Move 8:32 x230 sec.Move 1:32 x345 sec.Move 1:32 x41 min.15132 x41 min.165132 x230 sec.Move 1:32 x230 sec.Move 2:32 x230 sec.Move 1:32 x230 sec.Move 2:32</td>	14432 x345 sec.Move 2:32 x230 sec.Move 3:32 x230 sec.Move 4:32 x82 min165132 x41 min165132 x230 sec.Move 6:32 x230 sec.Move 7:32 x230 sec.Move 8:32 x230 sec.Move 7:32 x230 sec.Move 7:32 x230 sec.Move 1:32 x230 sec.Move 1:32 x230 sec.Move 2:30 sec.32 x2Move 3:32 x230 sec.Move 4:32 x230 sec.Move 5:32 x230 sec.Move 1:32 x230 sec.Move 2:30 sec.32 x2Move 3:32 x230 sec.Move 4:32 x230 sec.Move 5:32 x230 sec.Move 6:32 x230 sec.Move 7:32 x230 sec.Move 6:32 x230 sec.Move 7:32 x230 sec.Move 7:32 x230 sec.Move 8:32 x230 sec.Move 7:32 x230 sec.Move 8:32 x230 sec.Move 1:32 x345 sec.Move 1:32 x41 min.15132 x41 min.165132 x230 sec.Move 1:32 x230 sec.Move 2:32 x230 sec.Move 1:32 x230 sec.Move 2:32

		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 12 COOLDOWN	VARIES			3 min.	