TABATA NOW CHOREOGRAPHY TEMPLATE MARCH 2023

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 WARM UP *Boom*	128	PREP	32 x 2	30 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.	
		Repeat Moves 1-4	32 x 8	2 min	
		REST	32 x 2	30 sec.	
TRACK 2 BLOCK 1 *Jump Around*	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
		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 stop
		REST	32 x 4	1 min.	05:00 – "**3, 2, 1, Work**" to start Move 5
TRACK 3 BLOCK 1 *Turn Down For What*	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 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 4 BLOCK 2 *Can't Stop*	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
		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
		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 *No Limit*	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 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 6 BLOCK 3 *FRANCHISE*	150	**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 Work**" to start Move 3 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
TRACK 7 BLOCK 3 *Come With Me Now*	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
		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 8 BLOCK 4 *All I Do Is Win*	150	**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:	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.	05:02 – "**3, 2, 1, Work**" to start Move 5
TRACK 9 BLOCK 4 *Ready*	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
		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 10 BLOCK 5 *End Game*	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
		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 BLOCK 5	160	**Move 5:**	32 x 2	30 sec.	00:20 "**3, 2, 1, Rest, Cycle 1 Complete**" to stop

Runnin' (Lose It All)		**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 *CHAMPION*	98				