TABATA NOW CHOREOGRAPHY TEMPLATE MARCH 2023

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
		PREP	32 x 2	30 sec.	
TRACK 1 WARM UP <i>Boom</i>		Move 1:	32 x 2	30 sec.	
	128	Move 2:	32 x 2	30 sec.	
		Move 3:	32 x 2	30 sec.	
		Move 4:	52 x 2	50 sec.	-
			32 x 2	30 sec.	
		Repeat Moves 1-4	32 x 8	2 min	
		REST	32 x 2	30 sec.	
		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
TRACK 2		Move 3:	32 x 2	30 sec.	01:15 " 3-2-1 Work " to start Move 3
BLOCK 1	144		02/12	00000	01:35 "3-2-1 Rest, Cycle 3 Complete" to stop
Jump Around		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
	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
TRACK 3		NA 7.			00:50 "3-2-1 Rest, Cycle 2 Complete" to stop 01:00 "3-2-1 Work " to start Move 7
BLOCK 1		Move 7:	32 x 2	30 sec.	01:20 "3-2-1 Work to start Move 7 01:20 "3-2-1 Rest, Cycle 3 Complete" to stop
Turn Down For	1.1.1	Move 8:			01:30 " 3-2-1 Work " to start Move 8
What			32 x 2	30 sec.	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
			52 X Z	50 SEC.	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
Can't 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
			22 2 4	1 min	stop 05:03 – " 3, 2, 1, Work " to start Move 5
TRACK 5 BLOCK 2 No Limit	144	REST Move 5:	32 x 4	1 min.	
			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
		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
					stop

			1	1	
		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:			00:43 " 3-2-1 Work " to start Move 2
			32 x 2	30 sec.	01:03 "3-2-1 Rest, Cycle 2 Complete" to stop
TRACK 6	ľ	Move 3:	222	20	01:13 " 3-2-1 Work " to start Move 3
BLOCK 3 1	150		32 x 2	30 sec.	01:33 "3-2-1 Rest, Cycle 3 Complete" to stop
FRANCHISE		Move 4:	32 x 2	30 sec.	01:43 "3-2-1 Work" to start Move 4
			52.7.2	50 500.	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
		REST	32 x 4	1 min.	stop 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
TRACK 7			52 / 2	50 500.	00:50 "3-2-1 Rest, Cycle 2 Complete" to stop
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
Come With Me	120	Move 8:	<u> </u>		01:30 "3-2-1 Work " to start Move 8
Now			32 x 2	30 sec.	01:50 "3-2-1 Rest, Cycle 4 Complete" to stop
		Repeat Moves 5-8	220	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
	·	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 Work to start move 2 01:02 "3-2-1 Rest, Cycle 2 Complete" to stop
TRACK 8	ľ	Move 3:	22.42	20.000	01:12 " 3-2-1 Work " to start Move 3
BLOCK 4 1	150		32 x 2	30 sec.	01:32 "3-2-1 Rest, Cycle 3 Complete" to stop
All I Do Is Win		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:	22 × 2	20.000	
			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
TRACKO		Move 7:			00:50 "3-2-1 Rest, Cycle 2 Complete" to stop 01:00 "3-2-1 Work " to start Move 7
TRACK 9 BLOCK 4 1	150	NOVE 7:	32 x 2	30 sec.	01:20 "3-2-1 Rest, Cycle 3 Complete" to stop
Ready	150	Move 8:			01:30 "3-2-1 Work " to start Move 8
,			32 x 2	30 sec.	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 Move 1:	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:			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		Move 3:	32 x 2	30 sec.	01:12 " 3-2-1 Work " to start Move 3
	160		J2 X Z	JU 3CL.	01:32 "3-2-1 Rest, Cycle 3 Complete" to stop
End Game		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 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.	05:00 – " 3, 2, 1, Work " to start Move 5
TRACK 11		Move 5:			
BLOCK 5	160		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 <i>CHAMPION</i>	98				