## TABATA NOW CHOREOGRAPHY TEMPLATE MARCH 2021

SECTION	ВРМ	DESCRIPTION	COUNTS	TIME	MUSIC CUES
		PREP	32 x 2	30 sec.	
<b>TRACK 1</b> WARM-UP 34 + 35	128	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	138	Move 1:	32 x 3	45 sec.	00:15 " <b>3, 2, 1, Work</b> " to start Move 1 00:35 " <b>3, 2, 1, Rest, Cycle 1 Complete"</b> to stop
		Move 2:	32 x 2	30 sec.	00:45 " <b>3-2-1 Work</b> " to start Move 2 01:05 " <b>3-2-1 Rest, Cycle 2 Complete"</b> to stop
		Move 3:	32 x 2	30 sec.	01:15 " <b>3-2-1 Work</b> " to start Move 3 01:35 " <b>3-2-1 Rest, Cycle 3 Complete"</b> to stop
Don't Play		Move 4:	32 x 2	30 sec.	01:45 " <b>3-2-1 Work</b> " to start Move 4 02:05 " <b>3-2-1 Rest, Cycle 4 Complete"</b> 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 – <b>"3, 2, 1, Work</b> " to start Move 5
		Move 5:	32 x 2	30 sec.	00:20 <b>"3, 2, 1, Rest, Cycle 1 Complete"</b> to stop
TRACK 3 BLOCK 1	138	Move 6:	32 x 2	30 sec.	00:30 <b>"3-2-1 Work</b> " to start Move 6 00:50 <b>"3-2-1 Rest, Cycle 2 Complete"</b> to stop
		Move 7:	32 x 2	30 sec.	01:00 " <b>3-2-1 Work</b> " to start Move 7 01:20 " <b>3-2-1 Rest, Cycle 3 Complete"</b> to stop
Kings & Queens		Move 8:	32 x 2	30 sec.	01:30 " <b>3-2-1 Work</b> " to start Move 8 01:50 " <b>3-2-1 Rest, Cycle 4 Complete"</b> to stop
		Repeat Moves 5-8	32 x 8	2 min	03:50 " <b>3-2-1 Recover, Tabata Complete"</b> to stop
		REST	32 x 4	1 min.	
	144	Move 1:	32 x 3	45 sec.	00:14 <b>"3, 2, 1, Work</b> " to start Move 1 00:34 <b>"3, 2, 1, Rest, Cycle 1 Complete"</b> to stop
		Move 2:	32 x 2	30 sec.	00:34 <b>"3-2-1 Work</b> " to start Move 2 01:04 <b>"3-2-1 Rest, Cycle 2 Complete"</b> 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
goosebumps		Move 4:	32 x 2	30 sec.	01:44 <b>"3-2-1 Work</b> " to start Move 4 02:04 <b>"3-2-1 Rest, Cycle 4 Complete"</b> to stop
		Repeat Moves 1-4	32 x 8	2 min	04:04 " <b>3-2-1 Recover, Tabata Complete"</b> to stop
		REST	32 x 4	1 min.	05:03 – " <b>3, 2, 1, Work</b> " to start Move 5
TRACK 5 BLOCK 2 Blueberry Faygo	144	Move 5:	32 x 2	30 sec.	00:20 <b>"3, 2, 1,Rest, Cycle 1 Complete"</b> to stop
		Move 6:	32 x 2	30 sec.	00:30 " <b>3-2-1 Work</b> " to start Move 6 00:50 " <b>3-2-1 Rest, Cycle 2 Complete"</b> to stop
		Move 7:	32 x 2	30 sec.	01:00 " <b>3-2-1 Work</b> " to start Move 7 01:20 " <b>3-2-1 Rest, Cycle 3 Complete"</b> 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.	

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		Move 1:	32 x 3	45 sec.	00:13 <b>"3, 2, 1, Work</b> " to start Move 1
TRACK 6 BLOCK 3 SO DONE	150				00:33 <b>"3, 2, 1, Rest, Cycle 1 Complete"</b> to stop
		Move 2:	32 x 2	30 sec.	00:43 <b>"3-2-1 Work</b> " to start Move 2
		Maria 2:			01:03 <b>"3-2-1 Rest, Cycle 2 Complete"</b> to stop 01:13 <b>"3-2-1 Work"</b> to start Move 3
		Move 3:	32 x 2	30 sec.	01:33 <b>"3-2-1 Work</b> to start Move 3 01:33 <b>"3-2-1 Rest, Cycle 3 Complete"</b> to stop
		Move 4:			01:43 " <b>3-2-1 Work</b> " to start Move 4
		Wiove 4.	32 x 2	30 sec.	02:03 <b>"3-2-1 Rest, Cycle 4 Complete"</b> to stop
					04:03 "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 – " <b>3, 2, 1, Work</b> " to start Move 5
		Move 5:			
			32 x 2	30 sec.	00:20 <b>"3, 2, 1, Rest, Cycle 1 Complete"</b> to stop
		Move 6:	22 4 2	30 sec.	00:30 " <b>3-2-1 Work</b> " to start Move 6
TRACK 7			32 x 2	30 sec.	00:50 "3-2-1 Rest, Cycle 2 Complete" to stop
BLOCK 3		Move 7:	32 x 2	30 sec.	01:00 " <b>3-2-1 Work</b> " to start Move 7
The Sound	150		32 7 2	30 Sec.	01:20 "3-2-1 Rest, Cycle 3 Complete" to stop
Of Silence		Move 8:	32 x 2	30 sec.	01:30 <b>"3-2-1 Work"</b> 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
		PECT	224	4	stop
		REST	32 x 4	1 min.	00.42 (2. 2.4 Marth) to start March
		Move 1:	32 x 3	45 sec.	00:12 " <b>3, 2, 1, Work</b> " to start Move 1 00:32 " <b>3, 2, 1, Rest, Cycle 1 Complete</b> " to stop
		Move 2:			00:32 <b>3, 2, 1, Rest, Cycle 1 Complete</b> to stop
		Wiove 2.	32 x 2	30 sec.	01:02 <b>"3-2-1 Rest, Cycle 2 Complete"</b> to stop
TRACK 8		Move 3:			01:12 " <b>3-2-1 Work</b> " to start Move 3
BLOCK 4	155	more of	32 x 2	30 sec.	01:32 "3-2-1 Rest, Cycle 3 Complete" to stop
Zombie		Move 4:			01:42 " <b>3-2-1 Work</b> " to start Move 4
			32 x 2	30 sec.	02:02 "3-2-1 Rest, Cycle 4 Complete" to stop
		Demost Marrow 1.4	22 0	2	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 – " <b>3, 2, 1, Work</b> " to start Move 5
	155	Move 5:	32 x 2	30 sec.	00:20 <b>"3, 2, 1, Rest, Cycle 1 Complete"</b> to stop
			32 X 2	30 300.	
		Move 6:	32 x 2	30 sec.	00:30 <b>"3-2-1 Work</b> " to start Move 6
					00:50 <b>"3-2-1 Rest, Cycle 2 Complete"</b> to stop
TRACK 9		Move 7:	32 x 2	30 sec.	01:00 " <b>3-2-1 Work</b> " to start Move 7
BLOCK 4 My Hero					01:20 <b>"3-2-1 Rest, Cycle 3 Complete"</b> to stop 01:30 <b>"3-2-1 Work"</b> to start Move 8
iviy nero		Move 8:	32 x 2	30 sec.	01:50 <b>"3-2-1 Work</b> to start Move 8
					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.	
	160	Move 1:			00:12 " <b>3, 2, 1, Work</b> " to start Move 1
			32 x 3	45 sec.	00:32 <b>"3, 2, 1, Rest, Cycle 1 Complete"</b> to stop
		Move 2:	22 : 2	20	00:42 " <b>3-2-1 Work</b> " to start Move 2
			32 x 2	30 sec.	01:02 "3-2-1 Rest, Cycle 2 Complete" to stop
TRACK 10 BLOCK 5 Let's Go		Move 3:	32 x 2	30 sec.	01:12 " <b>3-2-1 Work</b> " to start Move 3
			32 % 2	JU 366.	01:32 "3-2-1 Rest, Cycle 3 Complete" to stop
		Move 4:	32 x 2	30 sec.	01:42 <b>"3-2-1 Work</b> " to start Move 4
			32.7.2		02:02 <b>"3-2-1 Rest, Cycle 4 Complete"</b> to stop
		Repeat Moves 1-4	32 x 8	2 min	04:02 "3-2-1 Recover, Tabata Complete" to
		•			stop
TDACK 44		REST Mayor Ex	32 x 4	1 min.	05:00 – " <b>3, 2, 1, Work</b> " to start Move 5
TRACK 11 BLOCK 5	160	Move 5:	32 x 2	30 sec.	00:20 <b>"3, 2, 1, Rest, Cycle 1 Complete"</b> to stop
DLUCK 3				L	

Unstoppable		Move 6:	32 x 2	30 sec.	00:30 " <b>3-2-1 Work</b> " to start Move 6 00:50 " <b>3-2-1 Rest, Cycle 2 Complete</b> " to stop
		Move 7:	32 x 2	30 sec.	01:00 " <b>3-2-1 Work</b> " to start Move 7 01:20 " <b>3-2-1 Rest, Cycle 3 Complete"</b> to stop
		Move 8:	32 x 2	30 sec.	01:30 " <b>3-2-1 Work</b> " to start Move 8 01:50 " <b>3-2-1 Rest, Cycle 4 Complete"</b> to stop
		Repeat Moves 5-8	32 x 8	2 min	03:50 <b>"3-2-1 Recover, Tabata Complete"</b> to stop
		REST	32 x 4	1 min.	
TRACK 12 COOLDOWN Put Your Records On	100			5 min.	