TABATA NOW CHOREOGRAPHY TEMPLATE MAY 2021

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 WARM UP test drive		PREP	32 x 2	30 sec.	
		Move 1:	32 x 2	30 sec.	
	128	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		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
	138	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
Beautiful Mistakes	130	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
		Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
	138	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
BLOCK 1		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
Cover Me In Sunshine		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	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
Overdrive		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 Sweater Weather	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 The Business	150	Move 1:	32 x 3	45 sec.	00:13 "3, 2, 1, Work " to start Move 1
		Move 2:			00:33 "3, 2, 1, Rest, Cycle 1 Complete" to stop 00:43 "3-2-1 Work" to start Move 2
		more 2	32 x 2	30 sec.	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
					04:03 "3-2-1 Rest, Cycle 4 Complete to stop
		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
		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		Move 7:			00:50 "3-2-1 Rest, Cycle 2 Complete" to stop 01:00 "3-2-1 Work" to start Move 7
BLOCK 3 What's Love		Move 7:	32 x 2	30 sec.	01:20 "3-2-1 Work to start Move / 01:20 "3-2-1 Rest, Cycle 3 Complete" to stop
Got To Do		Move 8:	22 2	20	01:30 "3-2-1 Work " to start Move 8
With It			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
		REST	32 x 4	1 min.	stop
		Move 1:	32 X 4		00:12 " 3, 2, 1, Work " to start Move 1
		More 1.	32 x 3	45 sec.	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
	155		32 X Z	SU SEC.	01:02 "3-2-1 Rest, Cycle 2 Complete" to stop
TRACK 8		Move 3:	32 x 2	30 sec.	01:12 " 3-2-1 Work " to start Move 3
BLOCK 4 Hold On		Name 4:			01:32 "3-2-1 Rest, Cycle 3 Complete" to stop 01:42 "3-2-1 Work" to start Move 4
Hola Un		Move 4:	32 x 2	30 sec.	02:02 "3-2-1 Rest, Cycle 4 Complete" to stop
			220	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 – "3, 2, 1, Work " to start Move 5
	155	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
TRACK 9		Move 7:	32 x 2	30 sec.	01:00 " 3-2-1 Work " to start Move 7
BLOCK 4 Astronaut In					01:20 "3-2-1 Rest, Cycle 3 Complete" to stop
The Ocean		Move 8: Repeat Moves 5-8	32 x 2 32 x 8	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 Recover, Tabata Complete" 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
			32 X 3	45 sec.	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
TRACK 10 BLOCK 5 High Hopes		Move 3:			01:02 3-2-1 Kest, Cycle 2 Complete to stop
			32 x 2	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
			34 X Z	JU 3EC.	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	160	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
BLOCK 5	100		32 X Z	30 SEC.	00.20 3, 2, 1, nest, Cycle 1 Complete το stop

Made For This		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 On The Ground	100			5 min.	