TABATA NOW CHOREOGRAPHY TEMPLATE NOVEMBER 2022

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
		PREP	32 x 2	30 sec.	
TRACK 1 WARM UP Head On Fire	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.	
	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
TRACK 2 BLOCK 1		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
BLOCK 1 Setting Fires		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
TRACK 3 BLOCK 1 BURN IT DOWN		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 <i>Burn</i>	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 sto
		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 Lost In The Fire	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.	

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		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
	150		32 x 2	30 sec.	01:03 "3-2-1 Rest, Cycle 2 Complete" to stop
TRACK 6		Move 3:		20	01:13 " 3-2-1 Work " to start Move 3
BLOCK 3			32 x 2	30 sec.	01:33 "3-2-1 Rest, Cycle 3 Complete" to stop
НОТ		Move 4:	32 x 2	30 sec.	01:43 "3-2-1 Work" to start Move 4
			52 7 2	50 300.	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:	222	20	00:30 "3-2-1 Work" to start Move 6
			32 x 2	30 sec.	00:50 "3-2-1 Rest, Cycle 2 Complete" to stop
TRACK 7 BLOCK 3		Move 7:	32 x 2	30 sec.	01:00 "3-2-1 Work" to start Move 7
Set Fire to the	150		52.42	50 500.	01:20 "3-2-1 Rest, Cycle 3 Complete" to stop
Rain		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 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:	222		00:12 " 3, 2, 1, Work " to start Move 1
	160		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
			52.42	50 500.	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 Hot In It		Danue Ar			01:32 "3-2-1 Rest, Cycle 3 Complete" to stop 01:42 "3-2-1 Work " to start Move 4
ποι πι		Move 4:	32 x 2	30 sec.	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.	05:02 – " 3, 2, 1, Work " to start Move 5
	160	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
		Move 6:			00:30 " 3-2-1 Work " to start Move 6
			32 x 2	30 sec.	00:50 "3-2-1 Rest, Cycle 2 Complete" to stop
TRACK 9		Move 7:		<u> </u>	01:00 " 3-2-1 Work " to start Move 7
BLOCK 4			32 x 2	30 sec.	01:20 "3-2-1 Rest, Cycle 3 Complete" to stop
Girl On Fire		Move 8:	32 x 2	30 sec.	01:30 "3-2-1 Work" to start Move 8
			52 X Z	50 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
			224	1	stop
		REST Move 1:	32 x 4	1 min.	00:12 " 3, 2, 1, Work " to start Move 1
	160		32 x 3	45 sec.	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
BLOCK 5 Just Life Fire			52 7 2	JU SEL.	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	160	Move 5:	32 x 2		
			I	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop

Brave		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
1		REST	32 x 4	1 min.	
TRACK 12 COOL DOWN Hot Stepper	100				