TABATA NOW CHOREOGRAPHY TEMPLATE OCTOBER 2022

SECTION	ВРМ	DESCRIPTION	COUNTS	TIME	MUSIC CUES
		PREP	32 x 2	30 sec.	
TRACK 1 WARM UP I Feel Good		Move 1:	32 x 2	30 sec.	
	128	Move 2:	32 x 2	30 sec.	
		Move 3:	32 X Z	30 sec.	
			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	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
Bad Decisions		Move 4:	32 x 2	30 sec.	01:45 " 3-2-1 Work " to start Move 4
		Repeat Moves 1-4	32 x 8	2 min	02:05 "3-2-1 Rest, Cycle 4 Complete" to stop 04:05 "3-2-1 Recover, Tabata Complete" to
		REST	32 x 4	1 min.	o5:00 – " 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 00:50 " 3-2-1 Rest, Cycle 2 Complete" to stop
TRACK 3		Move 7:	32 x 2	30 sec.	01:00 " 3-2-1 Work " to start Move 7
BLOCK 1		Wove 7.			01:20 "3-2-1 Rest, Cycle 3 Complete" to stop
Easy Lover		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.	зюр
	144	Move 1:	32 x 3	45 sec.	00:14 "3, 2, 1, Work " to start Move 1
		Move 2:	32 x 2	20.000	00:34 "3, 2, 1, Rest, Cycle 1 Complete" to stop 00:34 "3-2-1 Work " to start Move 2
TPACK 4		Move 3:	32 X Z	30 sec.	01:04 "3-2-1 Rest, Cycle 2 Complete" to stop 01:14 "3-2-1 Work " to start Move 3
TRACK 4 BLOCK 2			32 x 2	30 sec.	01:34 "3-2-1 Rest, Cycle 3 Complete" to stop
Ferrari		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 Dancing On Dangerous	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
		REST	32 x 4	1 min.	stop

TRACK 6 BLOCK 3 Fighter	150	Move 1:	32 x 3	45 sec.	00:13 "3, 2, 1, Work" to start Move 1
		Move 2:	222	20	00:33 "3, 2, 1, Rest, Cycle 1 Complete" to stop 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
		Move 3:	32 x 2	30 sec.	01:13 " 3-2-1 Work " to start Move 3
		20.0			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 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
		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
			32 1 2	30 sec.	00:50 "3-2-1 Rest, Cycle 2 Complete" to stop
TRACK 7 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
Turn It Up	150	Move 8:			01:30 "3-2-1 Work" to start Move 8
να το σρ		Move o.	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.	00:12 " 3, 2, 1, Work " to start Move 1
		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:	22 2	20	00:42 " 3-2-1 Work " to start Move 2
TDACK			32 x 2	30 sec.	01:02 "3-2-1 Rest, Cycle 2 Complete" to stop
TRACK 8 BLOCK 4	160	Move 3:	32 x 2	30 sec.	01:12 " 3-2-1 Work " to start Move 3
2 Be Loved (Am				00 000.	01:32 "3-2-1 Rest, Cycle 3 Complete" to stop
I Ready)		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.	05:02 – " 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:	32 x 2	30 sec.	00:30 " 3-2-1 Work " to start Move 6
TD 4 GV G		Na 7.			00:50 "3-2-1 Rest, Cycle 2 Complete" to stop
TRACK 9 BLOCK 4		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
SPACE MAN		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
		DECT		1 min	stop
	160	Move 1:	32 x 4	1 min.	00:12 " 3, 2, 1, Work " to start Move 1
		move 1.	32 x 3	45 sec.	00:32 "3, 2, 1, Work to start wlove 1
		Move 2:	32 x 2	30 sec.	00:42 " 3-2-1 Work " to start Move 2
TRACK 10			32 X Z	30 SEC.	01:02 "3-2-1 Rest, Cycle 2 Complete" to stop
BLOCK 5 Stay up Till The Mornin'		Move 3:	32 x 2	30 sec.	01:12 "3-2-1 Work" to start Move 3
		Move 4:			01:32 "3-2-1 Rest, Cycle 3 Complete" to stop 01:42 "3-2-1 Work" to start Move 4
		IVIOVE 4.	32 x 2	30 sec.	02:02 "3-2-1 Rest, Cycle 4 Complete" to stop
		B	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.	05:00 – "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

Welcome To The War		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 Late Night Talking	115				