**TABATA NOW CHOREOGRAPHY TEMPLATE SEPTEMBER 2021**

| SECTION | BPM | DESCRIPTION | COUNTS | TIME | MUSIC CUES |
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| **TRACK 1** <br> WARM UP <br> *Flex & Pump* | 128 | PREP | 32 x 2 | 30 sec. | |
| | | **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** <br> BLOCK 1 <br> *Whoopty* | 144 | **Move 1:** | 32 x 3 | 45 sec. | 00:15 "**3, 2, 1, Work**" to start Move 1 <br> 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 <br> 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 <br> 01:35 "**3-2-1 Rest, Cycle 3 Complete**" to stop |
| | | **Move 4:** | 32 x 2 | 30 sec. | 01:45 "**3-2-1 Work**" to start Move 4 <br> 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 |
| **TRACK 3** <br> BLOCK 1 <br> *I Cry* | 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 <br> 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 <br> 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 <br> 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** <br> BLOCK 2 <br> *Something Stupid* | 144 | **Move 1:** | 32 x 3 | 45 sec. | 00:14 "**3, 2, 1, Work**" to start Move 1 <br> 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 <br> 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 <br> 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 <br> 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** <br> BLOCK 2 <br> *Separate Ways (Worlds Apart)* | 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 <br> 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 <br> 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 <br> 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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| **TRACK 6**<br>BLOCK 3<br>*Don't Blame Me* | 150 | **Move 1:** | 32 x 3 | 45 sec. | 00:13 "**3, 2, 1, Work**" to start Move 1<br>00:33 "**3, 2, 1, Rest, Cycle 1 Complete**" to stop |
| | | **Move 2:** | 32 x 2 | 30 sec. | 00:43 "**3-2-1 Work**" to start Move 2<br>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<br>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<br>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 stop |
| | | REST | 32 x 4 | 1 min. | 05:00 – "**3, 2, 1, Work**" to start Move 5 |
| **TRACK 7**<br>BLOCK 3<br>*Problem* | 150 | **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<br>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<br>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<br>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 8**<br>BLOCK 4<br>*Our Song* | 160 | **Move 1:** | 32 x 3 | 45 sec. | 00:12 "**3, 2, 1, Work**" to start Move 1<br>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<br>01:02 "**3-2-1 Rest, Cycle 2 Complete**" to stop |
| | | **Move 3:** | 32 x 2 | 30 sec. | 01:12 "**3-2-1 Work**" to start Move 3<br>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<br>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 |
| **TRACK 9**<br>BLOCK 4<br>*Power* | 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<br>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<br>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<br>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 10**<br>BLOCK 5<br>*Stay* | 170 | **Move 1:** | 32 x 3 | 45 sec. | 00:12 "**3, 2, 1, Work**" to start Move 1<br>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<br>01:02 "**3-2-1 Rest, Cycle 2 Complete**" to stop |
| | | **Move 3:** | 32 x 2 | 30 sec. | 01:12 "**3-2-1 Work**" to start Move 3<br>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<br>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**<br>BLOCK 5 | 170 | **Move 5:** | 32 x 2 | 30 sec. | 00:20 "**3, 2, 1, Rest, Cycle 1 Complete**" to stop |

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| *Blinding Lights* | | **Move 6:** | 32 x 2 | 30 sec. | 00:30 "**3-2-1 Work**" to start Move 6<br>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<br>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<br>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**<br>COOL<br>DOWN<br>*Memory* | 85 | | | | |