## TABATA NOW CHOREOGRAPHY TEMPLATE

SECTION	ВРМ	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 WARM-UP	128	PREP	32 x 1	15 sec.	
		Move 1:	32 x 1	15 sec.	
		Move 2:	32 x 1	15 sec.	
		Move 3:	32 x 1	15 sec.	
		Move 4:	32 x 1	15 sec.	
		Move 5:	32 x 1	15 sec.	
		Repeat Moves 1-5	32 x 5	1 min. 15 sec.	
		REST	32 x 1	15 sec.	
	128	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, Break"</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 Break"</b> to stop
TRACK 2 BLOCK 1		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 Break"</b> to stop
		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 Break"</b> to stop
		Repeat Moves 1-4	32 x 8	2 min	04:05 " <b>3-2-1 Recover"</b> to stop
		REST	32 x 4	1 min.	05:00 – <b>"3, 2, 1, Work"</b> to start Move 5
	128	Move 5:	32 x 2	30 sec.	00:20 <b>"3, 2, 1, Break"</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 Break"</b> to stop
TRACK 3 BLOCK 1		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 Break"</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 Break"</b> to stop
		Repeat Moves 5-8	32 x 8	2 min	03:50 <b>"3-2-1 Recover"</b> to stop
		REST	32 x 4	1 min.	
	135	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, Break"</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 Break"</b> to stop
TRACK 4 BLOCK 2		Move 3:	32 x 2	30 sec.	01:14 <b>"3-2-1 Work</b> " to start Move 3 01:34 <b>"3-2-1 Break"</b> to stop
		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 Break"</b> to stop
		Repeat Moves 1-4	32 x 8	2 min	04:04 " <b>3-2-1 Recover"</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	135	Move 5:	32 x 2	30 sec.	00:20 <b>"3, 2, 1, Break"</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 Break"</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 Break"</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 Break"</b> to stop
		Repeat Moves 5-8	32 x 8	2 min	03:50 " <b>3-2-1 Recover"</b> to stop
		REST	32 x 4	1 min.	

	Move 1:	32 x 3	45 sec.	00:13 " <b>3, 2, 1, Work</b> " to start Move 1
		32 7 3	45 Sec.	00:33 <b>"3, 2, 1, Break"</b> to stop
144	Move 2:	32 x 2	30 sec.	00:43 " <b>3-2-1 Work</b> " to start Move 2 01:03 " <b>3-2-1 Break</b> " to stop
	Move 3:	32 x 2	30 sec.	01:13 <b>"3-2-1 Work"</b> to start Move 3 01:33 <b>"3-2-1 Break"</b> to stop
	Move 4:	32 x 2	30 sec.	01:43 <b>"3-2-1 Work</b> " to start Move 4 02:03 <b>"3-2-1 Break"</b> to stop
	Repeat Moves 1-4	22 v 8	2 min	04:03 " <b>3-2-1 Recover</b> " to stop
	•			05:00 – "3, 2, 1, Work" to start Move 5
		32 X 4	± 111111.	03.00 - 3, 2, 1, WOIR to start whove 3
144		32 x 2	30 sec.	00:20 <b>"3, 2, 1, Break"</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 Break"</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 Break</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 Break</b> " to stop
	Repeat Moves 5-8	32 x 8	2 min	03:50 " <b>3-2-1 Recover"</b> to stop
	REST	32 x 4	1 min.	
	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, Break"</b> to stop
150	Move 2:	32 x 2	30 sec.	00:42 <b>"3-2-1 Work</b> " to start Move 2 01:02 <b>"3-2-1 Break"</b> to stop
	Move 3:	32 x 2	30 sec.	01:12 <b>"3-2-1 Work</b> " to start Move 3 01:32 <b>"3-2-1 Break"</b> to stop
	Move 4:	32 x 2	30 sec.	01:42 <b>"3-2-1 Work</b> " to start Move 4 02:02 <b>"3-2-1 Break"</b> to stop
	Repeat Moves 1-4	32 x 8	2 min	04:02 <b>"3-2-1 Recover"</b> to stop
	•	32 y A	1 min	05:02 – <b>"3, 2, 1, Work</b> " to start Move 5
150	Move 5:	32 x 2	30 sec.	00:20 <b>"3, 2, 1, Break"</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 Break</b> " to stop
	Move 7:	32 x 2	30 sec.	01:00 " <b>3-2-1 Break</b> " to start Move 7 01:20 " <b>3-2-1 Break</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 Break"</b> to stop
	Repeat Moves 5-8	32 x 8	2 min	03:50 <b>"3-2-1 Recover"</b> to stop
	REST	32 v /l	1 min	
160	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, Break</b> " to stop
	Move 2:	32 x 2	30 sec.	00:32 <b>3,2,1, Bleak</b> to stop 00:42 " <b>3-2-1 Work</b> " to start Move 2 01:02 " <b>3-2-1 Break</b> " to stop
	Move 3:	32 x 2	30 sec.	01:02 <b>3-2-1 Break</b> to stop 01:12 " <b>3-2-1 Work</b> " to start Move 3 01:32 " <b>3-2-1 Break</b> " to stop
	Move 4:	32 x 2	30 sec.	01:42 " <b>3-2-1 Work</b> " to start Move 4
	Repeat Moves 1-4	32 x 8	2 min	02:02 <b>"3-2-1 Break"</b> to stop  04:02 <b>"3-2-1 Recover"</b> to stop
	•			05:00 – " <b>3, 2, 1, Work</b> " to start Move 5
160	Move 5:	32 x 2	30 sec.	00:20 <b>"3, 2, 1, Break"</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 Break</b> " to stop
	Move 7:	+		01:00 " <b>3-2-1 Work</b> " to start Move 7
	150	144   Move 4:     Repeat Moves 1-4     REST     Move 6:     Move 7:     Move 8:     Repeat Moves 5-8     REST     Move 1:     Move 2:     Move 3:     Move 4:     Repeat Moves 1-4     REST     Move 6:     Move 7:     Move 8:     Repeat Moves 5-8     REST     Move 6:     Move 1:     Move 2:     Move 3:     Repeat Moves 1-4     REST     Move 4:     Repeat Moves 1-4     REST     Move 4:     Repeat Moves 1-4     REST     Move 5:     Move 6:     Move 7:     Move 7:     Move 7:     Move 8:     Move 8:     Move 9:     Move 9	Move 4:	Move 4:   32 x 2   30 sec.

		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 Break</b> " to stop
		Repeat Moves 5-8	32 x 8	2 min	03:50 " <b>3-2-1 Recover"</b> to stop
		REST	32 x 4	1 min.	
TRACK 12	VARIES			3 min.	
COOLDOWN					