

MIX & MATCH 30 MIN CLASS NOVEMBER NOW

CYCLE NOW WARM-UP (4 min 14 sec)

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK # 1 <i>Ain't Talkin' 'Bout Love</i>				

STRENGTH NOW BLOCK CHOREOGRAPHY TEMPLATE (9 min)

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK #2 EMOM <i>Going Bad</i>	128	Prep	32 x 1	15 sec.	00:00 Prep
		Move 1:	3 x 3	45 sec.	00:15 "3, 2, 1, Go" to start Move 1
		REST	32 x 1	15 sec.	01:00 "3, 2, 1, Rest" to stop
		Move 2:	32 x 3	45 sec.	01:15 "3, 2, 1, Go" to start Move 2
		REST	32 x 1	15 sec.	02:00 "3, 2, 1, Rest" to stop
		Move 3:	32 x 3	45 sec.	02:15 "3, 2, 1, Go" to start Move 3
		REST	32 x 1	15 sec.	03:00 "3, 2, 1, Rest" to stop
		Move 4:	32 x 3	45 sec.	03:15 "3, 2, 1, Go" to start Move 4
TRACK #3 EMOM <i>Anaconda vs. Delirious (Boneless)</i>	128	Prep	32 x 1	15 sec.	00:00 Prep
		Move 1:	32 x 3	45 sec.	00:15 "3, 2, 1, Go" to start Move 1
		REST	32 x 1	15 sec.	01:00 "3, 2, 1, Rest" to stop
		Move 2:	32 x 3	45 sec.	01:15 "3, 2, 1, Go" to start Move 2
		REST	32 x 1	15 sec.	02:00 "3, 2, 1, Rest" to stop
		Move 3:	32 x 3	45 sec.	02:15 "3, 2, 1, Go" to start Move 3
		REST	32 x 1	15 sec.	03:00 "3, 2, 1, Rest" to stop
		Move 4:	32 x 3	45 sec.	03:15 "3, 2, 1, Go" to start Move 4
		REST	32 x 2	30 sec.	04:00 "3, 2, 1, Recover" to stop

TABATA NOW BLOCK CHOREOGRAPHY TEMPLATE (10 min)

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK #4 <i>Dior</i>	Prep	32 x 1	15 sec.	
	Move 1:	32 x 2	30 sec.	00:15 "3, 2, 1, Work" to start Move 1 00:35 "3, 2, 1, Break" to stop
	Move 2:	32 x 2	30 sec.	00:45 "3-2-1 Work" to start Move 2 01:05 "3-2-1 Break" to stop
	Move 3:	32 x 2	30 sec.	01:15 "3-2-1 Work" to start Move 3 01:35 "3-2-1 Break" to stop
	Move 4:	32 x 2	30 sec.	01:45 "3-2-1 Work" to start Move 4 02:05 "3-2-1 Break" to stop
	Repeat Moves 1-4	32 x 8	2 min	04:05 "3-2-1 Recover" to stop
	REST	32 x 4	1 min.	05:03 "3, 2, 1, Work" to start Move 5
TRACK #5 <i>Laugh Now Cry Later</i>	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Break" to stop

	Move 6:	32 x 2	30 sec.	00:30 "3-2-1 Work" to start Move 6 00:50 "3-2-1 Break" to stop
	Move 7:	32 x 2	30 sec.	01:00 "3-2-1 Work" to start Move 7 01:20 "3-2-1 Break" to stop
	Move 8:	32 x 2	30 sec.	01:30 "3-2-1 Work" to start Move 8 01:50 "3-2-1 Break" to stop
	Repeat Moves 5-8	32 x 8	2 min	03:50 "3-2-1 Recover" to stop
	REST	32 x 4	1 min.	

STEP COOLDOWN (5 min 12 sec)

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK #6 <i>OK Not To Be OK</i>				