

**MIX & MATCH NOW MIX TEMPLATE**

**STRENGTH NOW BLOCK CHOREOGRAPHY TEMPLATE (15 min 30 sec)**

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK # __	Set Up	32 x 2	30 sec.	00:30 "3, 2, 1, Go" to start move 1
	Move 1:	32 x 3	45 sec.	01:15 "3, 2, 1, Go" to start move 2
	Move 2:	32 x 3	45 sec.	02:00 "3, 2, 1, Work" to start move 3
	Move 3:	32 x 4	1 min.	02:30 "Don't Stop" at the halfway point 03:00 "3, 2, 1, Rest" to stop
	REST	32 x 2	30 sec.	03:30 "3, 2, 1, Power" to start move
	Power Move:	32 x 4	1 min.	04:00 "Don't Stop" at the halfway point 04:30 "3, 2, 1, Recover" to stop
	REST	32 x 4	60 sec.	05:30 "3, 2, 1, Go" to start move 4
TRACK # __	Move 4:	32 x 3	45 sec.	00:45 "3, 2, 1, Go" to start move 5
	Move 5:	32 x 3	45 sec.	01:30 "3, 2, 1, Work" to start move 6
	Move 6:	32 x 4	1 min.	02:00 "Don't Stop" at the halfway point 02:30 "3, 2, 1, Rest" to stop
	REST	32 x 2	30 sec.	03:00 "3, 2, 1, Power" to start move
	Power Move:	32 x 4	1 min.	03:30 "Don't Stop" at the halfway point 04:00 "3, 2, 1, Recover" to stop
	REST	32 x 4	60 sec.	05:00 "3, 2, 1, Go" to start move 7
TRACK # __	Move 7:	32 x 3	45 sec.	00:45 "3, 2, 1, Go" to start move 8
	Move 8:	32 x 3	45 sec.	01:30 "3, 2, 1, Work" to start move 9
	Move 9:	32 x 4	1 min.	02:00 "Don't Stop" at the halfway point 02:30 "3, 2, 1, Rest" to stop
	REST	32 x 2	30 sec.	03:00 "3, 2, 1, Power" to start move
	Power Move:	32 x 4	1 min.	03:30 "Don't Stop" at the halfway point 04:00 "3, 2, 1, Recover" to stop
	REST	32 x 4	60 sec.	

**HIIT NOW BLOCK CHOREOGRAPHY TEMPLATE (10 min 30 sec)**

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK # __ BLOCK #	Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it" to start move 1 00:30 "3, 2, 1, Rest" to stop
	REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
	Move 2	32 x 2	30 sec.	00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop
	REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
	Move 3	32 x 2	30 sec.	01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop
	REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
	Move 4	32 x 2	30 sec.	02:15 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop
	REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat

	<b>Move 5</b>	32 x 2	30 sec.	03:00 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Recover" to stop
	REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
	<b>Move 6</b>	32 x 2	30 sec.	03:45 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop
	REST	32 x 4	60 sec.	04:15 -05:15 Stripped down beat 5:15 "3, 2, 1, Go" to start move 7
TRACK # BLOCK #	<b>Move 7</b>	32 x 2	30 sec.	00:30 "3, 2, 1, Rest" to stop
	REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
	<b>Move 8</b>	32 x 2	30 sec.	00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop
	REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
	<b>Move 9</b>	32 x 2	30 sec.	01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop
	REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
	<b>Move 10</b>	32 x 2	30 sec.	02:15 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop
	REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
	<b>Move 11</b>	32 x 2	30 sec.	03:00 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Recover" to stop
	REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
	<b>Move 12</b>	32 x 2	30 sec.	03:45 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop
	REST	32 x 4	60 sec.	04:15 -05:15 Stripped down beat

TABATA NOW BLOCK CHOREOGRAPHY TEMPLATE (10 min)

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK # BLOCK #	Prep	32 x 1	15 sec.	
	<b>Move 1:</b>	32 x 2	30 sec.	00:15 "3, 2, 1, Work" to start Move 1 00:35 "3, 2, 1, Break" to stop
	<b>Move 2:</b>	32 x 2	30 sec.	00:45 "3-2-1 Work" to start Move 2 01:05 "3-2-1 Break" to stop
	<b>Move 3:</b>	32 x 2	30 sec.	01:15 "3-2-1 Work" to start Move 3 01:35 "3-2-1 Break" to stop
	<b>Move 4:</b>	32 x 2	30 sec.	01:45 "3-2-1 Work" to start Move 4 02:05 "3-2-1 Break" to stop
	<b>Repeat Moves 1-4</b>	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 # BLOCK #	<b>Move 5:</b>	32 x 2	30 sec.	00:20 "3, 2, 1, Break" to stop
	<b>Move 6:</b>	32 x 2	30 sec.	00:30 "3-2-1 Work" to start Move 6 00:50 "3-2-1 Break" to stop
	<b>Move 7:</b>	32 x 2	30 sec.	01:00 "3-2-1 Work" to start Move 7 01:20 "3-2-1 Break" to stop

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

**CARDIO NOW BLOCK CHOREOGRAPHY TEMPLATE (14 min)**

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK #__ BLOCK #	<b>Move 1:</b>	32 x 4	60 sec.	00:00 <b>"3, 2, 1 Go"</b> to start move 1
	REST	32 x 2	30 sec.	01:00 <b>"3 Beeps, Rest"</b>
	<b>Move 2:</b>	32 x 4	60 sec.	01:30 <b>"3 Beeps, Airhorn"</b> to start move 2
	REST	32 x 2	30 sec.	02:30 <b>"3 Beeps, Rest"</b>
	<b>Move 3:</b>	32 x 4	60 sec.	03:00 <b>"3 Beeps, Airhorn"</b> to start move 3
	REST	32 x 4	30 sec.	04:00 <b>"3 Beeps, Rest"</b> to stop move
TRACK #__ BLOCK #	<b>Move 4:</b>	32 x 4	60 sec.	00:00 <b>"3, 2, 1 Go"</b> to start move 4
	REST	32 x 2	30 sec.	01:00 <b>"3 Beeps, Rest"</b>
	<b>Move 5:</b>	32 x 4	60 sec.	01:30 <b>"3 Beeps, Airhorn"</b> to start move 5
	REST	32 x 2	30 sec.	02:30 <b>"3 Beeps, Rest"</b>
	<b>Move 6:</b>	32 x 4	60 sec.	03:00 <b>"3 Beeps, Airhorn"</b> to start move 6
	REST	32 x 4	30 sec.	04:00 <b>"3 Beeps, Rest"</b> to stop move
TRACK #__ BLOCK #	<b>Move 7:</b>	32 x 4	60 sec.	00:00 <b>"3, 2, 1 Go"</b> to start move 1
	REST	32 x 2	30 sec.	01:00 <b>"3 Beeps, Rest"</b>
	<b>Move 8:</b>	32 x 4	60 sec.	01:30 <b>"3 Beeps, Airhorn"</b> to start move 2
	REST	32 x 2	30 sec.	02:30 <b>"3 Beeps, Rest"</b>
	<b>Move 9:</b>	32 x 4	60 sec.	03:00 <b>"3 Beeps, Airhorn"</b> to start move 3
	REST	32 x 4	30 sec.	04:00 <b>"3 Beeps, Rest"</b> to stop move
TRACK #__ BLOCK #	<b>Move 10:</b>	32 x 4	60 sec.	00:00 <b>"3, 2, 1 Go"</b> to start move 4
	REST	32 x 2	30 sec.	01:00 <b>"3 Beeps, Rest"</b>
	<b>Move 11:</b>	32 x 4	60 sec.	01:30 <b>"3 Beeps, Airhorn"</b> to start move 5
	REST	32 x 2	30 sec.	02:30 <b>"3 Beeps, Rest"</b>
	<b>Move 12:</b>	32 x 4	60 sec.	03:00 <b>"3 Beeps, Airhorn"</b> to start move 6
	REST	32 x 4	30 sec.	04:00 <b>"3 Beeps, Recover"</b> to end the block