

CYCLE NOW CHOREOGRAPHY TEMPLATE FEBRUARY 2021

| SECTION | BPM | DESCRIPTION | TIME |
|---|-----|-------------|----------------|
| TRACK 1 Warm Up <i>Let Me Introduce Myself</i> | 128 | | 4 min. 45 sec. |
| TRACK 2 Jump Intervals <i>Me, Myself, & I</i> | 132 | | 3 min. 52 sec. |
| TRACK 3 Climb <i>What Doesn't Kill You (Makes You Stronger)</i> | 138 | | 4 min. 05 sec. |
| TRACK 4 Recovery <i>Big Girls Don't Cry</i> | 135 | | 4 min. 16 sec. |
| TRACK 5 Climb <i>Really Don't Care</i> | 148 | | 4 min. 32 sec. |
| TRACK 6 Jump Intervals <i>Bad Blood</i> | 135 | | 4 min. 23 sec. |
| TRACK 7 Sprint <i>Just Like Fire</i> | 175 | | 3 min. 50 sec. |
| TRACK 8 Recovery <i>Look At Her Now</i> | 126 | | 4 min. 36 sec. |
| TRACK 9 Flat <i>Nails, Hair, Hips, Heels</i> | 132 | | 4 min. 12 sec. |
| TRACK 10 Climb <i>Free Woman</i> | 135 | | 4 min. 32 sec. |
| TRACK 11 Climb <i>Ridin' Solo</i> | 138 | | 3 min. 49 sec. |
| TRACK 12 Sprint <i>Love Myself</i> | 145 | | 4 min. 38 sec. |
| TRACK 13 Cooldown <i>Good As Hell</i> | 96 | | 3 min. 16 sec. |

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| TRACK 14 Stretch <i>GIRL</i> | 72 | | 4 min. 57 sec. |
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