

CYCLE NOW CHOREOGRAPHY TEMPLATE JULY 2021

SECTION	BPM	DESCRIPTION	TIME
TRACK 1 Warm Up <i>hot girl bummer</i>	128		4 min. 45 sec.
TRACK 2 Seated Attacks <i>Coming In Hot</i>	150		3 min. 56 sec.
TRACK 3 Interval Climb <i>Hot Stepper</i>	102		4 min. 05 sec.
TRACK 4 Seated Climb <i>Hotter Than Hell</i>	120		4 min. 24 sec.
TRACK 5 Jump Attacks <i>Hot Hot Hot</i>	140		4 min. 07 sec.
TRACK 6 Endurance Climb <i>Hot In Herre</i>	110		4 min. 04 sec.
TRACK 7 Seated Attacks <i>Hot For Teacher</i>	128		4 min. 38 sec.
TRACK 8 Interval Climb <i>Some Like It Hot</i>	132		4 min. 14 sec.
TRACK 9 Seated Climb <i>Hot Mess</i>	128		4 min. 18 sec.
TRACK 10 Mixed Terrain <i>Hot Blooded</i>	140		4 min. 21 sec.
TRACK 11 Seated Attacks <i>Hot Right Now</i>	176		4 min. 00 sec.
TRACK 12 Climb Home <i>Hot Stuff</i>	140		4 min. 28 sec.
TRACK 13 Cool Down <i>Under The Bridge</i>	85		4 min. 18 sec.
TRACK 14 Stretch <i>Hot N Cold</i>	63		4 min. 08 sec.