

CYCLE NOW CHOREOGRAPHY TEMPLATE MARCH 2021

SECTION	BPM	DESCRIPTION	TIME
TRACK 1 Warm Up <i>Welcome To The Jungle</i>	128		4 min. 46 sec.
TRACK 2 Jump Intervals <i>Come With Me Now</i>	132		3 min. 58 sec.
TRACK 3 Climb <i>Crazy Train</i>	138		4 min. 28 sec.
TRACK 4 Recovery <i>Howlin' For You</i>	135		4 min. 23 sec.
TRACK 5 Climb <i>Jungle</i>	156		4 min. 02 sec.
TRACK 6 Jump Intervals <i>Jump Around</i>	135		4 min. 21 sec.
TRACK 7 Sprint <i>The Champion</i>	170		4 min. 16 sec.
TRACK 8 Recovery <i>2 Legit 2 Quit</i>	126		4 min. 19 sec.
TRACK 9 Flat <i>Beast</i>	132		3 min. 56 sec.
TRACK 10 Climb <i>Thunderstruck</i>	135		4 min. 34 sec.
TRACK 11 Climb <i>Sandstorm</i>	138		4 min. 00 sec.
TRACK 12 Sprint <i>Laugh Now Cry Later</i>	145		4 min. 15 sec.
TRACK 13 Cooldown <i>The Greatest</i>	96		4 min. 02 sec.
TRACK 14 Stretch <i>Home</i>	82		4 min. 31 sec.