

HIIT NOW CHOREOGRAPHY TEMPLATE

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 WARM-UP	120	Prep	32 x 1	15 sec.	
		Move 1:	32 x 2	30 sec.	
		Move 2:	32 x 2	30 sec.	
		Move 3:	32 x 2	30 sec.	
		Move 4:	32 x 2	30 sec.	
		Repeat Moves 1-4	32 x 8	2 min.	
		REST	32 x 2	30 sec.	
TRACK 2 BLOCK 1	144	Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it" to start move 1 00:28 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	00:28 – 00:41 Stripped down beat
		Move 2	32 x 2	30 sec.	00:41 "3, 2, 1, Go" to start move 2 01:08 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	01:08 – 01:22 Stripped down beat
		Move 3	32 x 2	30 sec.	01:22 "3, 2, 1, Go" to start move 3 01:48 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	01:48 – 02:02 Stripped down beat
		Move 4	32 x 2	30 sec.	02:02 "3, 2, 1, Go" to start move 4 02:28 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	02:28-02:41 Stripped down beat
		Move 5	32 x 2	30 sec.	02:41 "3, 2, 1, Go" to start move 5 03:08 "3, 2, 1, Recover" to stop
		REST	32 x 1	15 sec.	03:08-03:22 Stripped down beat
		Move 6	32 x 2	30 sec.	03:22 "3, 2, 1, Go" to start move 6 03:48 "3, 2, 1, Recover" to stop
REST	32 x 4	60 sec.	04:40 "3, 2, 1, Go" to start move 1		
TRACK 3		Repeat Moves 1-6	32 x 21	4 min 40 sec	
TRACK 4 BLOCK 2	144	Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it" to start move 1 00:28 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	00:28 – 00:41 Stripped down beat
		Move 2	32 x 2	30 sec.	00:41 "3, 2, 1, Go" to start move 2 01:08 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	01:08 – 01:22 Stripped down beat
		Move 3	32 x 2	30 sec.	01:22 "3, 2, 1, Go" to start move 3 01:48 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	01:48 – 02:02 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 "3, 2, 1, Go" to start move 4 02:28 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	02:28-02:41 Stripped down beat
		Move 5	32 x 2	30 sec.	02:41 "3, 2, 1, Go" to start move 5 03:08 "3, 2, 1, Recover" to stop
		REST	32 x 4	60 sec.	03:08-03:22 Stripped down beat
		Move 6	32 x 2	30 sec.	03:22 "3, 2, 1, Go" to start move 6 03:48 "3, 2, 1, Recover" to stop
REST	32 x 4	60 sec.	04:40 "3, 2, 1, Go" to start move 1		
TRACK 5		Repeat Moves 1-6	32 x 21	4 min 40 sec	
TRACK 6 BLOCK 3	150	Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it" to start move 1 00:25 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	00:25 – 00:38 Stripped down beat
		Move 2	32 x 2	30 sec.	00:38 "3, 2, 1, Go" to start move 2 01:04 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	01:04 – 01:16 Stripped down beat
		Move 3	32 x 2	30 sec.	01:16 "3, 2, 1, Go" to start move 3 01:42 "3, 2, 1, Rest" to stop
REST	32 x 1	15 sec.	01:42 – 01:55 Stripped down beat		

		Move 4	32 x 2	30 sec.	01:55 "3, 2, 1, Go" to start move 4 02:20 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	02:20-02:33 Stripped down beat
		Move 5	32 x 2	30 sec.	02:33 "3, 2, 1, Go" to start move 5 02:59 "3, 2, 1, Recover" to stop
		REST	32 x 1	15 sec.	02:59-03:12 Stripped down beat
		Move 6	32 x 2	30 sec.	03:12 "3, 2, 1, Go" to start move 6 03:37 "3, 2, 1, Recover" to stop
		REST	32 x 4	60 sec.	04:28 "3, 2, 1, Go" to start move 1
TRACK 7		Repeat Moves 1-6	32 x 18	4 min 28 sec	
TRACK 8 BLOCK 4	150	Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it" to start move 1 00:25 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	00:25 – 00:38 Stripped down beat
		Move 2	32 x 2	30 sec.	00:38 "3, 2, 1, Go" to start move 2 01:04 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	01:04 – 01:16 Stripped down beat
		Move 3	32 x 2	30 sec.	01:16 "3, 2, 1, Go" to start move 3 01:42 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	01:42 – 01:55 Stripped down beat
		Move 4	32 x 2	30 sec.	01:55 "3, 2, 1, Go" to start move 4 02:20 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	02:20-02:33 Stripped down beat
		Move 5	32 x 2	30 sec.	02:33 "3, 2, 1, Go" to start move 5 02:59 "3, 2, 1, Recover" to stop
		REST	32 x 1	15 sec.	02:59-03:12 Stripped down beat
		Move 6	32 x 2	30 sec.	03:12 "3, 2, 1, Go" to start move 6 03:37 "3, 2, 1, Recover" to stop
REST	32 x 4	60 sec.	04:28 "3, 2, 1, Go" to start move 1		
TRACK 9		Repeat Moves 1-6	32 x 18	4 min 28 sec	
TRACK 10 BLOCK 5	160	Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it" to start move 1 00:24 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	00:24 – 00:36 Stripped down beat
		Move 2	32 x 2	30 sec.	00:36 "3, 2, 1, Go" to start move 2 01:00 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	01:00 – 01:11 Stripped down beat
		Move 3	32 x 2	30 sec.	01:11 "3, 2, 1, Go" to start move 3 01:36 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	01:36 – 01:48 Stripped down beat
		Move 4	32 x 2	30 sec.	01:48 "3, 2, 1, Go" to start move 4 02:12 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	02:12-02:24 Stripped down beat
		Move 5	32 x 2	30 sec.	02:24 "3, 2, 1, Go" to start move 5 02:48 "3, 2, 1, Recover" to stop
		REST	32 x 1	15 sec.	02:48-03:00 Stripped down beat
		Move 6	32 x 2	30 sec.	03:00 "3, 2, 1, Go" to start move 6 03:24 "3, 2, 1, Recover" to stop
REST	32 x 4	60 sec.	04:11 "3, 2, 1, Go" to start move 1		
TRACK 11		Repeat Moves 1-6	32 x 18	4 min	
TRACK 12 POWER HIIT	144	Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it" to start move 1 00:28 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	00:28 – 00:41 Stripped down beat
		Move 2	32 x 2	30 sec.	00:41 "3, 2, 1, Go" to start move 2 01:08 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	01:08 – 01:22 Stripped down beat
		Move 3	32 x 2	30 sec.	01:22 "3, 2, 1, Go" to start move 3 01:48 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	01:48 – 02:02 Stripped down beat
		Move 4	32 x 2	30 sec.	02:02 "3, 2, 1, Go" to start move 4 02:28 "3, 2, 1, Rest" to stop
REST	32 x 1	15 sec.	02:28-02:41 Stripped down beat		

		Move 5	32 x 2	30 sec.	02:41 " 3, 2, 1, Go " to start move 5 03:08 " 3, 2, 1, Recover " to stop
		REST	32 x 1	15 sec.	03:08-03:22 Stripped down beat
		Move 6	32 x 2	30 sec.	03:22 " 3, 2, 1, Go " to start move 6 03:48 " 3, 2, 1, Recover " to stop
		REST	32 x 4	60 sec.	
TRACK 13 COOLDOWN	VARIES			3 min.	