HIIT NOW CHOREOGRAPHY TEMPLATE MARCH 2022

TRACK 1 Move 2: 32 x 2 30 sec.	SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
Move 2: 32 x 2 30 sec.						
Move 2: 32 x 2 30 sec.						7
TRACK 1 WARM UP Get Ready For This						
Move 4: 32 x 2 30 sec.		128	Move 2:	32 x 2	30 sec.	
Move 4: 32 x 2 30 sec.			Move 3:	32 x 2	30 sec.	_
Move 5: 32 x 2 30 sec.	Get Ready For		Move 4:	32 x 2	30 sec.	
Move 1 32 x 2 30 sec. 00.00 "3, 2, 1, Hit it" to start move 1			Move 5:	32 x 2	30 sec.	
## TRACK 2 ## TRACK 3 ## Carry Train ## TRACK 3 ## Carry Train ## TRACK 3 ## Carry Train ## TRACK 4 ## Thunderstruc k ## TRACK 3 ## Track 4 ## Thunderstruc k ## TRACK 4 ## Thunderstruc k ## TRACK 4 ## Thunderstruc k ## TRACK 3 ## Track 4 ## Thunderstruc k ## TRACK 3 ## Track 4 ## Thunderstruc k ## Track 4 ## Thunders			Move 6:	32 x 2	30 sec.	
TRACK 2 TRACK 2 TRACK 3 TRACK 4 TRACK 3 TRACK 4 TRACK 3 TRACK 3 TRACK 3 TRACK 4 TRACK 5 TRACK 5 TRACK 6 TRACK 6 TRACK 7 TRACK 7 TRACK 7 TRACK 8 TRACK 9 TRA			REST	32 x 2	30 sec.	Ī '
TRACK 2 TRACK 3 TRACK 4 Thunderstruc k TRACK 3 TRACK 3 TRACK 3 TRACK 4 Thunderstruc k TRACK 3 TRACK 3 TRACK 3 TRACK 3 TRACK 3 TRACK 4 Thunderstruc k TRACK 4 Thunderstruc k TRACK 3 TRACK 3 TRACK 3 TRACK 3 TRACK 3 TRACK 4 Thunderstruc k TRACK 4 Thunderstruc k TRACK 4 Thunderstruc k TRACK 3 TRACK 4 Thunderstruc k TRACK 4 Thunderstruc k TRACK 4 Thunderstruc k TRACK 3 TRACK 3 TRACK 3 TRACK 3 TRACK 3 TRACK 3 TRACK 4 Thunderstruc k TRACK 4 Thunderstruc k TRACK 4 Thunderstruc k TRACK 3 TRACK 3 TRACK 3 TRACK 4 Thunderstruc k TRACK 4 Thunderstruc k TRACK 4 Thunderstruc k TRACK 3 TRACK 3 TRACK 3 TRACK 3 TRACK 4 Thunderstruc k TRACK 4 Thunderstruc k TRACK 4 Thunderstruc k TRACK 4 Thunderstruc k TRACK 6 TRACK 6 TRACK 6 TRACK 7 TRACK 7 TRACK 9			Move 1	32 x 2	30 sec.	
TRACK 2 TRACK 2 Space Jam Move 2 32 x 2 30 sec. 113 y 1 114 y 1 115 y 2 115 y 2 116 y 3 117 y 1 115 y 2 115 y 3 117 y 1 115			REST	32 x 1	15 sec.	-
TRACK 2 Space Jam TRACK 2 Space Jam TRACK 2 Space Jam TRACK 3 TRACK 4 Thundlerstruc K TRACK 3 TRACK 3 TRACK 3 TRACK 3 TRACK 4 Thundlerstruc K TRACK 4 Thundlerstruc K TRACK 4 Thundlerstruc K TRACK 4 Thundlerstruc K TRACK 3 TRACK 3 TRACK 4 Thundlerstruc K TRACK 4 Thundlerstruc K TRACK 3 TRACK 3 TRACK 3 TRACK 4 Thundlerstruc K TRACK 4 Thundlerstruc K TRACK 4 Thundlerstruc K TRACK 4 Thundlerstruc K TRACK 3 TRACK 3 TRACK 4 Thundlerstruc K TRACK						00:45 " 3, 2, 1, Go " to start move 2
TRACK 2 Space Jam Space Jam			REST	32 x 1	15 sec.	
## PREST 32 x 1 15 sec. 02:00 - 02:15 Stripped down beat			Move 3	32 x 2		
REST 12 x 1 15 sec. 02:45 "3, 2, 1, Rest" to stop			REST	32 x 1	15 sec.	
Move 5 32 x 2 30 sec. 03:00 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Recover" to stop	Space Jam		Move 4	32 x 2	30 sec.	
TRACK 3 Train Track 4 Thunderstruc k Thunderstruc k Track 4 T			REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
Move 6 32 x 2 30 sec. 03:45 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop			Move 5	32 x 2	30 sec.	
TRACK 3 TRACK 3 TRACK 4 Thunderstruck Thunderstruck TRACK 4 Thunderstruck Track 4 Thunderstruck Track 4 Thunderstruck Track 5 Track 5 Track 6 Track 6 Track 6 Track 7 Trac			REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
Move 1 32 x 2 30 sec. 00:00 "3, 2, 1, Hit it" to start move 1			Move 6	32 x 2	30 sec.	
REST 32 x 1 15 sec. 00:30 "3, 2, 1, Rest" to stop			RECOVER	32 x 4	60 sec.	
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			Move 1	32 x 2	30 sec.	
TRACK 3 Crazy Train TRACK 3 Crazy Train TRACK 4 Thunderstruc k Thunderstruc k Move 2 TRACK 4 Thunderstruc k Move 3 TRACK 4 Thunderstruc k Move 3 TRACK 4 Thunderstruc k Move 3 TRACK 4 Thunderstruc k Move 4 TRACK 4 Thunderstruc k Move 3 TRACK 4 Thunderstruc k Move 4 TRACK 4 Thunderstruc k Move 5 TRACK 4 Thunderstruc k Move 6 TRACK 4 Thunderstruc k Move 1 TRACK 4 Thunderstruc k Move 2 TRACK 4 Thunderstruc k Move 3 TRACK 4 Thunderstruc k Move 1 TRACK 4 Thunderstruc k Move 1 TRACK 4 Thunderstruc k Move 1 TRACK 4 Thunderstruc k TRACK 4 Thunderstruc k Thunderstruc k Move 1 TRACK 4 Thunderstruc k TRACK 4 Thunderstruc k Thunderstruc k TRACK 4 Thunderstruc k Thunderstruc k TRACK 4 Thun			REST	32 x 1	15 sec.	
TRACK 3 Crazy Train REST 32 x 1 15 sec. 02:00 - 02:15 Stripped down beat			Move 2		30 sec.	01:15 " 3, 2, 1, Rest " to stop
TRACK 3 Crazy Train Move 4 REST Move 4 32 x 1 30 sec. 02:00 "3, 2, 1, Rest" to stop REST 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 Move 5 REST 32 x 1 15 sec. 03:00 "3, 2, 1, Go" to start move 5 03:45 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 03:00 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Recover" to stop REST 32 x 1 15 sec. 03:30 -34.5 'sripped down beat Move 6 32 x 2 30 sec. 03:45 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop RECOVER 32 x 4 60 sec. 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 00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop REST 32 x 1 32 x 1 33 sec. 01:30 "3, 2, 1, Rest" to stop 01:30 "3, 2, 1, Rest" to stop 01:15 "3, 2, 1, Rest" to stop 01:30 "3, 2, 1, Rest" to stop			REST	32 x 1	15 sec.	
Crazy Train 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 "3, 2, 1, Rest" to stop Move 5 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 Move 6 32 x 2 30 sec. 03:45 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop RECOVER 32 x 4 60 sec. 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 "3, 2, 1, Rest" to stop REST 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. 00:45 "3, 2, 1, Rest" to stop REST 32 x 2 30 sec. 00:45 "3, 2, 1, Rest" to stop Move 3 32 x 2 30 sec. 00:15 - 01:30 Stripped down beat 00:00 "3, 2, 1, Rest" to stop 00:00 "3, 2, 1, Rest" to stop			Move 3		30 sec.	02:00 " 3, 2, 1, Rest " to stop
Move 4 32 x 2 30 sec. 02:45 "3, 2, 1, Rest" to stop			REST	32 x 1	15 sec.	
Move 5 32 x 2 30 sec. 03:00 "3, 2, 1, Go" to start move 5	Crazy Train					02:45 " 3, 2, 1, Rest " to stop
Move 5 32 x 2 30 sec. 03:30 "3, 2, 1, Recover" to stop			REST	32 x 1	15 sec.	
Move 6 32 x 2 30 sec. 03:45 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop TRACK 4 Thunderstruc k 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. 00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 01:15 "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						03:30 "3, 2, 1, Recover " to stop
Move 6 32 x 2 30 sec. 04:15 "3, 2, 1, Recover" to stop			REST	32 x 1	15 sec.	
TRACK 4 Thunderstruc k 32 x 2 30 sec. 00:00 "3, 2, 1, Hit it" to start move 1 00:30 "3, 2, 1, Rest" to stop Move 2 32 x 2 30 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						
TRACK 4 Thunderstruc k REST Move 2 REST 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop 00:30 - 00:45 Stripped down beat 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 01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop			i	32 x 4	60 sec.	
TRACK 4 Thunderstruc k 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						00:30 " 3, 2, 1, Rest " to stop
Thunderstruc k REST Move 3 32 x 2 30 sec. 00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop 01:15 - 01:30 Stripped down beat 01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop	TRACK 4			32 x 1	15 sec.	
Move 3 32 x 2 15 sec. 01:15 – 01:30 Stripped down beat 32 x 2 30 sec. 01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop	Thunderstruc					01:15 " 3, 2, 1, Rest " to stop
32 X 2 30 Sec. 02:00 " 3, 2, 1, Rest " to stop				32 x 1	15 sec.	
REST 32 x 1 15 sec. 02:00 – 02:15 Stripped down beat						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
		Move 5	32 x 2	30 sec.	03:00 " 3, 2, 1, Go " to start move 5 03:30 " 3, 2, 1, Recover " to stop
j		REST	32 x 4	15 sec.	03:30-03:45 Stripped down beat
		Move 6	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.	
		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
TRACK 5		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
Welcome To		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
The Jungle		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
		Move 5	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 4	15 sec.	03:30-03:45 Stripped down beat
		Move 6	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.	00.00 (0.00 0.00 0.00 0.00 0.00 0.00 0.
	150	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
TRACK 6		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Sandstorm		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
		Move 5	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
		Move 6	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.	00:00 "2 2 1 Lit it" to start may a 1
		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
TRACK 7 Rock Star		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 01:30 " 3, 2, 1, Go " to start move 3
		Move 3	32 x 2	30 sec.	02:00 " 3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat 02:15 " 3, 2, 1, Go " to start move 4
		Move 4 REST	32 x 2	30 sec.	02:45 " 3, 2, 1, Rest " to stop
			32 x 1	15 sec.	02:45-03:00 Stripped down beat 03:00 " 3, 2, 1, Go " to start move 5
		Move 5	32 x 2	30 sec.	03:30 "3, 2, 1 , Recover " to stop
		Move 6	32 x 2	15 sec. 30 sec.	03:30-03:45 Stripped down beat 03:45 " 3, 2, 1, Go " to start move 6
			J2 A 2	JU JUL.	55.75 5, 2, 30 to start move o

					04:15 "3, 2, 1 , Recover " to stop
		REST	32 x 4	60 sec.	
		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
TRACK 8	150	REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
GDFR	130	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
		Move 5	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
		Move 6	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.	
		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
	160	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		02:00 – 02:15 Stripped down beat
TRACK 9 Work		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
		Move 5	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
		Move 6	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.	
		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
	160	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
TRACK 10		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
WHATS		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
POPPIN		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
		Move 5	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
		Move 6	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.	00 00 40 0 1 111 111
TRACK 11	170	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

INDLICTOV		DECT	22 1	15	00:20 00:45 Stripped down best
INDUSTRY		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
BABY		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
		Move 5	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
		Move 6	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.	
TRACK 12 COOL DOWN One Right Now	100				