## HIIT NOW CHOREOGRAPHY TEMPLATE MAY 2022

TRACK 1   128	SECTION	BPM	DESCRIPT	ION COUNTS	TIME	MUSIC CUES
Move 1						
TRACK 1   Move 4:   32 x 2   30 sec.	WARM UP	128				
Move 4:   32 x 2   30 sec.			Move 2:	32 x 2	30 sec.	
Move 4:   32 x 2   30 sec.			Move 3:	32 x 2	30 sec.	
Move 6:   32 x 2   30 sec.			Move 4:	32 x 2	30 sec.	
Move 1   32 x 2   30 sec.   00:00 "3, 2, 1, Rest" to start move 1   00:30 "3, 2, 1, Rest" to start move 1   00:30 "3, 2, 1, Rest" to start move 1   00:30 "3, 2, 1, Rest" to start move 1   00:30 "3, 2, 1, Rest" to start move 2   00:15 "3, 2, 1, Rest" to start move 2   00:15 "3, 2, 1, Rest" to start move 3   00:45 "3, 2, 1, Rest" to start move 3   00:45 "3, 2, 1, Rest" to start move 3   00:30 "3, 2, 1, Rest" to start move 3   00:30 "3, 2, 1, Rest" to start move 3   00:30 "3, 2, 1, Rest" to start move 4   00:30 "3, 2, 1, Rest" to start move 4   00:30 "3, 2, 1, Rest" to start move 4   00:45 "3, 2, 1, Rest" to start move 4   00:45 "3, 2, 1, Rest" to start move 4   00:45 "3, 2, 1, Rest" to start move 4   00:45 "3, 2, 1, Rest" to start move 4   00:45 "3, 2, 1, Rest" to start move 4   00:45 "3, 2, 1, Rest" to start move 5   00:45 "3, 2, 1, Rest" to start move 6   00:45 "3, 2, 1,			Move 5:	32 x 2	30 sec.	
TRACK 2   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   00.30 "3, 2,			Move 6:	32 x 2	30 sec.	
TRACK 2   Frack 3			REST	32 x 2	30 sec.	1
TRACK 2 Your Love (SPM)  TRACK 2 Your Love (SPM)  TRACK 2 Your Love (SPM)  TRACK 3  Get Low  TRACK 3  TRACK 4  TRACK 5  TRACK 6  TRACK 7			Move 1	32 x 2	30 sec.	
TRACK 2  Vour Love (SPM)  TRACK 2  Vour Love (SPM)  TRACK 3  TRACK 4  Power Glove  TRACK 3  TRACK 4  Power Glove  TRACK 4  Power Glove  TRACK 4  Power Glove  TRACK 3  TRACK 4  Power Glove  TRACK 4  Power Glove  TRACK 3  TRACK 4  Power Glove  TRACK 3  TRACK 4  Power Glove  TRACK 4  Power Glove  TRACK 3  TRACK 4  Power Glove  TRACK 3  TRACK 4  Power Glove  TRACK 4  Power Glove  TRACK 4  Power Glove  TRACK 3  TRACK 4  Power Glove  TRACK 6  TRACK 6  TRACK 7  TRACK 7  TRACK 7  TRACK 7  TRACK 7  TRACK 8  TRACK 9  TRACK 9			REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
TRACK 2 Your Love (PPM)  REST 32 x1 15 sec. 01:13 07:3, 2, 1, 60" to start move 3 02:00 3, 2, 1, Rest" to stop  REST 32 x1 15 sec. 02:00 -02:15 strpped down beat 02:45 "3, 2, 1, 15 sec. 02:00 -02:15 strpped down beat 02:45 "3, 2, 1, Rest" to stop  REST 32 x1 15 sec. 02:00 -02:15 strpped down beat 02:45 "3, 2, 1, Rest" to stop  REST 32 x1 15 sec. 02:00 "3, 2, 1, Rest" to stop  REST 32 x1 15 sec. 02:00 "3, 2, 1, Rest" to stop  REST 32 x1 15 sec. 03:00 "3, 2, 1, Rest" to stop  REST 32 x1 15 sec. 03:00 "3, 2, 1, Rest" to stop  REST 32 x1 15 sec. 03:00 "3, 2, 1, Rest" to stop  REST 32 x1 15 sec. 03:45 "3, 2, 1, Rest" to stop  RECOVER 32 x2 30 sec. 03:45 "3, 2, 1, Rest" to stop  REST 32 x1 15 sec. 03:45 "3, 2, 1, Rest" to stop  REST 32 x1 15 sec. 00:00 "3, 2, 1, Rest" to stop  REST 32 x1 Rest" to stop  REST 32 x1 15 sec. 00:00 "3, 2, 1, Rest" to stop  REST 32 x1 15 sec. 00:00 "3, 2, 1, Rest" to stop  REST 32 x1 15 sec. 00:00 "3, 2, 1, Rest" to stop  REST 32 x1			Move 2	32 x 2	30 sec.	
TRACK 2   Your Love (gPM)				32 x 1		01:15 – 01:30 Stripped down beat
TRACK 3   Get Low   FEST   32 x 1   15 sec.   02.00 - 02.15 Strapped down beat   144	TRACK 2					
REST   32 x 1   15 sec   0.245 "3, 2, 1, Rest" to stop						
Move 5   32 x 2   30 sec.   03:00 "3, 2, 1, 60" to start move 5 of 3:30 "3, 2, 1, Recover" to stop	(9PM)					02:45 " <b>3, 2, 1, Rest</b> " to stop
REST   32 x 1   15 sec.   03:30 "3, 2, 1, Recover" to stop						
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						03:30 <b>"3, 2, 1</b> , <b>Recover</b> " to stop
TRACK 3   Get Low   TRACK 4   Power Glove   Track 4				*		
Move 1   32 x 2   30 sec.   00:00 "3, 2, 1, Hit it" to start move 1						
## REST ## RES		144	RECOVER	32 x 4	60 sec.	00.00 (/2.2.4.1); ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ;
Move 2   32 x 2   30 sec.   00:45 "3, 2, 1, Go" to start move 2						00:30 "3, 2, 1, Rest" to stop
TRACK 3  Get Low    Move 2			REST	32 x 1	15 sec.	
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						01:15 " <b>3, 2, 1, Rest</b> " to stop
TRACK 3  Get Low  Move 4  32 x 2  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  32 x 1  15 sec.  02:45-03:00 Stripped down beat  Move 5  32 x 2  30 sec.  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, Go" to start move 5 03:30 "3, 2, 1, Recover" to stop  REST  32 x 1  15 sec.  03:30-03:45 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop  RECOVER  32 x 2  30 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 00:30 "3, 2, 1, Rest" to stop  REST  32 x 1  15 sec.  00:30 -00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop  REST  32 x 1  15 sec.  00:30 -00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop  REST  32 x 1  32 x 2  30 sec.  00:30 "3, 2, 1, Rest" to stop  00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop  REST  32 x 1  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.	
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, Go" to start move 5 03:30 "3, 2, 1, Recover" to stop           REST         32 x 1         15 sec.         03:00 "3, 2, 1, Recover" to stop           Move 6         32 x 2         30 sec.         00:00 "3, 2, 1, Hit it" to start move 6 04:15 "3, 2, 1, Recover" to stop           TRACK 4         Power Glove         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           TRACK 4         Power Glove           Move 1         32 x 2         30 sec.         00:00 "3, 2, 1, Rest" to storp           REST         32 x 2         30 sec.         00:45 "3, 2, 1, Rest" to storp           Move 2         32 x 2         30 sec.         00:45 "3, 2, 1, Rest" to storp           Move 3         32 x 2         30 sec.         01:15 "01:30 "3, 2, 1, Rest" to storp <th< td=""><td><b>TD 4 0</b>// 0</td><td></td><td></td><td></td><td>02:00 "<b>3, 2, 1, Rest</b>" to stop</td></th<>	<b>TD 4 0</b> // 0					02:00 " <b>3, 2, 1, Rest</b> " to stop
REST   32 x 1   15 sec.   02:45-03:00 Stripped down beat						02:15 " <b>3, 2, 1, Go</b> " to start move 4
Move 5         32 x 2         30 sec.         03:00 "3, 2, 1, Go" to start move 5 on 3:30 "3, 2, 1, Recover" to stop           REST         32 x 2         30 sec.         03:45 "3, 2, 1, Go" to start move 6 on 4:15 "3, 2, 1, Recover" to stop           TRACK 4 Power Glove         Move 1         32 x 2         30 sec.         00:00 "3, 2, 1, Hit it" to start move 1 on 30:30 "3, 2, 1, Rest" to stop           REST         32 x 2         30 sec.         00:45 "3, 2, 1, Go" to start move 2 on:15 "3, 2, 1, Rest" to stop           REST         32 x 1         15 sec.         01:15 "3, 2, 1, Rest" to stop           Move 3         32 x 2         30 sec.         01:30 "3, 2, 1, Go" to start move 2 on:15 "3, 2, 1, Rest" to stop						
Move 5   32 x 2   30 sec.   03:30 "3, 2, 1, Recover" to stop						
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.         00:045 "3, 2, 1, Go" to start move 2 01:15 "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.         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 <b>"3, 2, 1</b> , <b>Recover</b> " to stop
Move 6   32 x 2   30 sec.   04:15 "3, 2, 1, Recover" to stop						
TRACK 4         Power Glove         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 4         Power Glove         Move 2         32 x 1         15 sec.         00:30 – 00:45 Stripped down beat           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.         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		144				
TRACK 4         Power Glove         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 <u>1</u>	15 sec.	
Move 3     32 x 1     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				32 x 2		00:45 " <b>3, 2, 1, Go</b> " to start move 2
32 x 2 30 sec. 02:00 " <b>3, 2, 1, Rest</b> " to stop			REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
REST 32 x 1 15 sec. 02:00 – 02:15 Stripped down beat			Move 3	32 x 2	30 sec.	
			REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat

		Move 4	32 x 2	30 sec.	02:15 <b>"3, 2, 1, Go"</b> to start move 4 02:45 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go"</b> to start move 5 03:30 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 4	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 <b>"3, 2, 1, Go"</b> to start move 6 04:15 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 " <b>3, 2, 1, Go</b> " to start move 2 01:15 " <b>3, 2, 1, Rest</b> " 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 " <b>3, 2, 1, Go</b> " to start move 3 02:00 " <b>3, 2, 1, Rest</b> " to stop
Turn Down		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
For What		Move 4	32 x 2	30 sec.	02:15 " <b>3, 2, 1, Go</b> " to start move 4 02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 " <b>3, 2, 1, Go</b> " to start move 5 03:30 <b>"3, 2, 1, Recover</b> " to stop
		REST	32 x 4	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 " <b>3, 2, 1, Go</b> " to start move 6 04:15 " <b>3, 2, 1, Recover</b> " to stop
		REST	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
	150	REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 " <b>3, 2, 1, Go</b> " to start move 2 01:15 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 " <b>3, 2, 1, Go</b> " to start move 3 02:00 " <b>3, 2, 1, Rest</b> " to stop
TRACK 6		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
OUT OUT		Move 4	32 x 2	30 sec.	02:15 " <b>3, 2, 1, Go</b> " to start move 4 02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go"</b> to start move 5 03:30 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 <b>"3, 2, 1, Go"</b> to start move 6 04:15 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 4	60 sec.	00:00 #2 2 1 Hit it // to stort move 1
		Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 " <b>3, 2, 1, Go</b> " to start move 2 01:15 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
TRACK 7 Tell It To My Heart		Move 3	32 x 2	30 sec.	01:30 <b>"3, 2, 1, Go"</b> to start move 3 02:00 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat 02:15 <b>"3, 2, 1, Go"</b> to start move 4
		Move 4	32 x 2	30 sec.	02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat 03:00 <b>"3, 2, 1, Go"</b> to start move 5
		Move 5	32 x 2	30 sec.	03:30 <b>"3, 2, 1</b> , <b>Recover</b> " to stop
		REST Move 6	32 x 1	15 sec.	03:30-03:45 Stripped down beat 03:45 " <b>3, 2, 1, Go</b> " to start move 6
		Move 6	32 x 2	30 sec.	03:45 <b>3, 2, 1, GO</b> to start move b

					04:15 <b>"3, 2, 1</b> , <b>Recover</b> " to stop
		REST	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 " <b>3, 2, 1, Go</b> " to start move 2 01:15 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 <b>"3, 2, 1, Go"</b> to start move 3 02:00 <b>"3, 2, 1, Rest"</b> to stop
TRACK 8	150	REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Freaks	150	Move 4	32 x 2	30 sec.	02:15 <b>"3, 2, 1, Go"</b> to start move 4 02:45 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go"</b> to start move 5 03:30 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 " <b>3, 2, 1, Go</b> " to start move 6 04:15 " <b>3, 2, 1, Recover</b> " to stop
		REST	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 <b>"3, 2, 1, Go"</b> to start move 2 01:15 <b>"3, 2, 1, Rest"</b> 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 " <b>3, 2, 1, Go</b> " to start move 3 02:00 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
<b>TRACK 9</b> Jackie Chan		Move 4	32 x 2	30 sec.	02:15 " <b>3, 2, 1, Go</b> " to start move 4 02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go"</b> to start move 5 03:30 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 " <b>3, 2, 1, Go</b> " to start move 6 04:15 " <b>3, 2, 1</b> , <b>Recover</b> " to stop
		REST	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it"</b> to start move 1 00:30 <b>"3, 2, 1, Rest"</b> to stop
	160	Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 <b>"3, 2, 1, Go"</b> to start move 2 01:15 <b>"3, 2, 1, Rest"</b> 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 <b>"3, 2, 1, Go"</b> to start move 3 02:00 <b>"3, 2, 1, Rest"</b> to stop
All You Need		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
To Know		Move 4	32 x 2	30 sec.	02:15 <b>"3, 2, 1, Go"</b> to start move 4 02:45 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go</b> " to start move 5 03:30 <b>"3, 2, 1, Recover</b> " to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 <b>"3, 2, 1, Go</b> " to start move 6 04:15 <b>"3, 2, 1, Recover</b> " to stop
		REST	32 x 4	60 sec.	20.00 //2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
TRACK 11	160	Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop

Heartbreak		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
Anthem		Move 2	32 x 2	30 sec.	00:45 <b>"3, 2, 1, Go"</b> to start move 2 01:15 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 <b>"3, 2, 1, Go"</b> to start move 3 02:00 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 <b>"3, 2, 1, Go"</b> to start move 4 02:45 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go"</b> to start move 5 03:30 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 <b>"3, 2, 1, Go"</b> to start move 6 04:15 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 4	60 sec.	
TRACK 12 COOL DOWN Don't Let Me Down	80				