

MIX & MATCH NOW – FEBRUARY 2021

CYCLE NOW WARM UP (4 min. 45 sec.)

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 WARM UP <i>Let Me Reintroduce Myself</i>	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.	
	Move 5:	32 x 2	30 sec.	
	Move 6:	32 x 2	30 sec.	
	Move 7:	32 x 2	30 sec.	
	Move 8:	32 x 2	30 sec.	
	Move 9:	32 x 2	30 sec.	

STRENGTH NOW BLOCK (45:45:60 work|30 rest| 60 work|1min rest) (15 min 30 sec)

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 2 BLOCK 1 <i>You Give Love A Bad Name</i>	Set Up	32 x 2	30 sec.	00:30 "3, 2, 1, Go" to start move 1
	Move 1:	32 x 3	45 sec.	01:15 "3, 2, 1, Go" to start move 2
	Move 2:	32 x 3	45 sec.	02:00 "3, 2, 1, Work" to start move 3
	Move 3:	32 x 4	1 min.	02:30 "Don't Stop" at the halfway point 03:00 "3, 2, 1, Rest" to stop
	REST	32 x 2	30 sec.	03:30 "3, 2, 1, Power" to start move
	Power Move:	32 x 4	1 min.	04:00 "Don't Stop" at the halfway point 04:30 "3, 2, 1, Recover" to stop
	REST	32 x 4	60 sec.	05:30 "3, 2, 1, Go" to start move 4
TRACK 3 BLOCK 1 <i>Heartless</i>	Move 4:	32 x 3	45 sec.	00:45 "3, 2, 1, Go" to start move 5
	Move 5:	32 x 3	45 sec.	01:30 "3, 2, 1, Work" to start move 6
	Move 6:	32 x 4	1 min.	02:00 "Don't Stop" at the halfway point 02:30 "3, 2, 1, Rest" to stop
	REST	32 x 2	30 sec.	03:00 "3, 2, 1, Power" to start move
	Power Move:	32 x 4	1 min.	03:30 "Don't Stop" at the halfway point 04:00 "3, 2, 1, Recover" to stop
	REST	32 x 4	60 sec.	05:00 "3, 2, 1, Go" to start move 7
TRACK 4 BLOCK 1 <i>Blow Me (One Last Kiss)</i>	Move 7:	32 x 3	45 sec.	00:45 "3, 2, 1, Go" to start move 8
	Move 8:	32 x 3	45 sec.	01:30 "3, 2, 1, Work" to start move 9
	Move 9:	32 x 4	1 min.	02:00 "Don't Stop" at the halfway point 02:30 "3, 2, 1, Rest" to stop
	REST	32 x 2	30 sec.	03:00 "3, 2, 1, Power" to start move
	Power Move:	32 x 4	1 min.	03:30 "Don't Stop" at the halfway point 04:00 "3, 2, 1, Recover" to stop
	REST	32 x 4	60 sec.	

HIIT NOW BLOCK (6 Cycles of 30 sec work|15 sec rest followed by 1 min rest) (15 min 53 sec)

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 5 BLOCK 2 <i>New Love</i>	144	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
		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
		RECOVER	32 x 4	60 sec.	
TRACK 6 BLOCK 2 <i>Love In This Club</i>	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
		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
		RECOVER	32 x 4	60 sec.	
TRACK 7 BLOCK 2 <i>Savage Love</i>	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
		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 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.	

TABATA NOW BLOCK (8 Cycles of 20 sec work | 10 sec rest followed by 1 min rest) (10 min)

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 8 BLOCK 3 <i>Monster</i>	Prep	32 x 1	15 sec.	
	Move 1:	32 x 2	30 sec.	00:15 "3, 2, 1, Work" to start Move 1 00:35 "3, 2, 1, Rest, Cycle 1 Complete" to stop

	Move 2:	32 x 2	30 sec.	00:45 "3-2-1 Work" to start Move 2 01:05 "3-2-1 Rest, Cycle 2 Complete" to stop
	Move 3:	32 x 2	30 sec.	01:15 "3-2-1 Work" to start Move 3 01:35 "3-2-1 Rest, Cycle 3 Complete" to stop
	Move 4:	32 x 2	30 sec.	01:45 "3-2-1 Work" to start Move 4 02:05 "3-2-1 Rest, Cycle 4 Complete" to stop
	Repeat Moves 1-4	32 x 8	2 min	04:05 "3-2-1 Recover" to stop
	REST	32 x 4	1 min.	05:03 "3, 2, 1, Work" to start Move 5
TRACK 9 BLOCK 3 <i>Dream On</i>	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
	Move 6:	32 x 2	30 sec.	00:30 "3-2-1 Work" to start Move 6 00:50 "3-2-1 Rest, Cycle 2 Complete" to stop
	Move 7:	32 x 2	30 sec.	01:00 "3-2-1 Work" to start Move 7 01:20 "3-2-1 Rest, Cycle 3 Complete" to stop
	Move 8:	32 x 2	30 sec.	01:30 "3-2-1 Work" to start Move 8 01:50 "3-2-1 Rest, Cycle 4 Complete" to stop
	Repeat Moves 5-8	32 x 8	2 min	03:50 "3-2-1 Recover" to stop
	REST	32 x 4	1 min.	

STRENGTH NOW BLOCK (4 Cycles of 45 sec work | 15 sec rest followed by 30 sec rest) (9 min)

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 10 BLOCK 4 <i>Ghost vs. Don't</i>	Prep	32 x 1	15 sec.	00:00 Prep
	Move 1:	3 x 3	45 sec.	00:15 "3, 2, 1, Go" to start Move 1
	REST	32 x 1	15 sec.	01:00 "3, 2, 1, Rest" to stop
	Move 2:	32 x 3	45 sec.	01:15 "3, 2, 1, Go" to start Move 2
	REST	32 x 1	15 sec.	02:00 "3, 2, 1, Rest" to stop
	Move 3:	32 x 3	45 sec.	02:15 "3, 2, 1, Go" to start Move 3
	REST	32 x 1	15 sec.	03:00 "3, 2, 1, Rest" to stop
	Move 4:	32 x 3	45 sec.	03:15 "3, 2, 1, Go" to start Move 4
TRACK 11 BLOCK 4 <i>Cold Water</i>	Prep	32 x 1	15 sec.	00:00 Prep
	Move 1:	32 x 3	45 sec.	00:15 "3, 2, 1, Go" to start Move 1
	REST	32 x 1	15 sec.	01:00 "3, 2, 1, Rest" to stop
	Move 2:	32 x 3	45 sec.	01:15 "3, 2, 1, Go" to start Move 2
	REST	32 x 1	15 sec.	02:00 "3, 2, 1, Rest" to stop
	Move 3:	32 x 3	45 sec.	02:15 "3, 2, 1, Go" to start Move 3
	REST	32 x 1	15 sec.	03:00 "3, 2, 1, Rest" to stop
	Move 4:	32 x 3	45 sec.	03:15 "3, 2, 1, Go" to start Move 4
REST	32 x 2	30 sec.	04:00 "3, 2, 1, Recover" to stop	

CARDIO NOW BLOCK COOLDOWN (4 min)

SECTION	BPM	DESCRIPTION	COUNTS	TIME
TRACK 12 COOLDOWN <i>Love On The Brain</i>	120			