TABATA NOW CHOREOGRAPHY TEMPLATE APRIL 2022

TRACK 1 Warm Up The Party (This 5 How) We Do It) TRACK 2 BLOCK 1 Riythm Nation TRACK 3 BLOCK 1 Vogue TRACK 3 BLOCK 1 Vogue TRACK 4 BLOCK 2 HOVE 5: TRACK 4 BLOCK 2 HOVE 6: TRACK 3 BLOCK 1 Vogue TRACK 4 BLOCK 2 HOVE 6: TRACK 3 BLOCK 1 Vogue TRACK 4 BLOCK 2 HOVE 6: TRACK 4 BLOCK 2 HOVE 7: TRACK 5 BLOCK 2 HOVE 7: TRACK 6 BLOCK 2 HOVE 7: TRACK 6 BLOCK 2 HOVE 7: TRACK 7: TRACK 6 BLOCK 2 HOVE 7: TRACK 7: TRACK 6 BLOCK 2 HOVE 7: TRACK 7: TRACK 7: TRACK 7: TRACK 8 BLOCK 2 HOVE 7: TRACK 8 BLOCK 2 HOVE 7: TRACK 9 HOVE 7: TRACK 9 HOVE 7: TRACK 9 HOVE 1: TRACK 9 HOVE 1: TRACK 9 HOVE 1: TRACK 9 HOVE	SECTION	ВРМ	DESCRIPTION	COUNTS	TIME	MUSIC CUES
Move 1: 32 x 2 30 sec.			PREP			
TRACK 1 WARM UP The Porty (This S How We Do it)	WARM UP The Party (This IS How	128				
Move 3:				32 X 2	30 sec.	
TRACK 2 BLOCK 1 144 Move 5: 32 x 2 30 sec.			Move 2:	32 x 2	30 sec.	
## Repeat Moves 1-4 TISSI			Move 3:	32 x 2	30 sec.	
Move 1:			Move 4:	32 x 2	30 sec.	
TRACK 2 BLOCK 1 Nove 2: 32 x 2 30 sec. 00.15 "3, 2, 1, Work" to start Move 1 00.35 "3, 2, 1, Rest, Cycle 2 Complete" to sto 00.45 "3-2-1 Rest, Cycle 2 Complete" to sto 00.45 "3-2-1 Rest, Cycle 3 Complete" to sto 00.45 "3-2-1 Rest, Cycle 3 Complete" to sto 00.45 "3-2-1 Rest, Cycle 3 Complete" to sto 01.55 "3-2-1 Rest, Cycle 3 Complete" to sto 01.65 "3-2-1 Rest, Cycle 3 Complete" to sto 01.60 "3-2-1 Rest, Cycle 4 Complete" to sto 01.60 "3-2-1 Rest, Cycle 4 Complete" to sto 01.60 "3-2-1 Rest, Cycle 3 Complete" to sto 01.60 "3-2-1 Rest, Cycle 4 Complete" to sto 01.60 "3-2-1 Rest, Cycle 4 Complete" to sto 01.60 "3-2-1 Rest, Cycle 4 Complete" to sto 01.60 "3-2-1 Rest, Cycle 3 Complete" to sto 01.60 "3-2-1 Rest, Cycle 4 Complete" to sto 01.60 "3-2-1 Rest, Cycle 4 Complete" to sto 01.60 "3-2-1 Rest, Cycle 3 C			Repeat Moves 1-4	32 x 8		
TRACK 2 BLOCK 1 Rhythm Nation Move 2: 32 x 2 30 sec. 00.35 "3, 2, 1, Rest, Cycle 2 Complete" to stor 00.45 "3-2-1 Work" to start Move 2 10.10 "3-2-1 Rest, Cycle 2 Complete" to stor 01.15 "3-2-1 Work" to start Move 3 10.15 "3-2-1 Rest, Cycle 2 Complete" to stor 01.15 "3-2-1 Work" to start Move 3 10.15 "3-2-1 Rest, Cycle 2 Complete" to stor 01.45 "3-2-1 Rest, Cycle 3 Complete"				32 x 2	30 sec.	
## TRACK 2 BLOCK 1 Rhythm Notion 144			Move 1:	32 x 3	45 sec.	00:35 "3, 2, 1, Rest, Cycle 1 Complete" to stop
Move 3: 32 x 2 30 sec.			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 4: 32 x 2 30 sec. 01:30 "3-2.1 Work" to start Move 4 32 x 8 2 min 04:05 "3-2.1 Rest, Cycle 4 Complete" to storp 32 x 4 1 min. 05:00 - "3, 2, 1, Work" to start Move 5 32 x 2 30 sec. 00:20 "3, 2, 1, Rest, Cycle 1 Complete" to storp 32 x 2 30 sec. 00:30 "3-2.1 Rest, Cycle 2 Complete" to storp 32 x 2 30 sec. 00:50 "3-2.1 Rest, Cycle 2 Complete" to storp 32 x 2 30 sec. 00:50 "3-2.1 Rest, Cycle 2 Complete" to storp 32 x 2 30 sec. 00:50 "3-2.1 Rest, Cycle 3 Complete" to storp 32 x 2 30 sec. 00:50 "3-2.1 Work" to start Move 7 01:20 "3-2-1 Rest, Cycle 3 Complete" to storp 32 x 3 30 sec. 01:30 "3-2-1 Work" to start Move 8 32 x 2 30 sec. 01:30 "3-2-1 Work" to start Move 8 32 x 3 30 sec. 01:30 "3-2-1 Work" to start Move 8 32 x 3 30 sec. 00:34 "3-2-1 Work" to start Move 8 32 x 3 30 sec. 00:34 "3-2-1 Work" to start Move 1 32 x 3 45 sec. 00:34 "3-2-1 Work" to start Move 2 32 x 2 30 sec. 00:34 "3-2-1 Work" to start Move 2 00:34 "3-2-1 Work" to start Move 3 32 x 2 30 sec. 01:04 "3-2-1 Work" to start Move 2 01:04 "3-2-1 Work" to start Move 3 32 x 2 30 sec. 01:04 "3-2-1 Rest, Cycle 3 Complete" to storp 04:04 "3-2-1 Rest, Cycle 4 Complete" to storp 04	BLOCK 1	144	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
REST 32 x4 1 min. 05:00 - 3, 2, 1, Work" to start Move 5	•		Move 4:	32 x 2	30 sec.	02:05 "3-2-1 Rest, Cycle 4 Complete" to stop
TRACK 3 BLOCK 1 Vogue 144			Repeat Moves 1-4	32 x 8	2 min	stop
TRACK 3 BLOCK 1 Vogue Move 6: 32 x 2 30 sec. Move 7: Move 8: 32 x 2 30 sec. Move 7: 1144 Move 9: Move 1: 32 x 3 32 x 4 Move 1: 32 x 3 32 x 4 Move 2: 32 x 2 30 sec. Move 1: 32 x 3 32 x 4 Move 2: 32 x 2 30 sec. Move 3: Move 2: 32 x 2 30 sec. Move 3: Move 3: Move 4: 32 x 2 30 sec. Move 5: Move 5: Move 5: 32 x 2 30 sec. Move 5: Move 6: 32 x 2 30 sec. Move 7: Move 6: 32 x 2 30 sec. Move 6: 32 x 2 30 sec. Move 7: Move 6: 32 x 2 30 sec. Move 7: Move 6: 32 x 2 30 sec. Move 7: Move 6: 32 x 2 30 sec. Move 7: Move 6: 32 x 2 30 sec. Move 7: Move 6: 32 x 2 30 sec. Move 7: Move 6: 32 x 2 30 sec. Move 7: Move 6: 32 x 2 30 sec. Move 7: Move 6: 32 x 2 30 sec. Move 7: Move 6: 32 x 2 30 sec. Move 7: Move 6: 32 x 2 30 sec. Move 7: Move 6: 32 x 2 30 sec. Move 7: Move 6: 32 x 2 30 sec. Move 7: Move 6: 32 x 2 30 sec. Move 7: Move 6: 32 x 2 30 sec. Move 7: Move 6: 32 x 2 30 sec. Move 7: Move 6: 32 x 2 30 sec. Move 7: Move 6: Move 6: Move 6: Move 6: 32 x 2 30 sec. Move 7: Move 6: Move 7: Move 6: Move 6: Move 7: Move 6: Move 7: Move 6: Move 6: Move 6: Move 7: Move 6: Move 6: Move 6: Move 6: Move 7: Move 6: Move 7: Move 6: Move 6: Move 6: Move 7: Move 6: Move 6: Move 6: Move 6:			REST	32 x 4	1 min.	05:00 – " 3, 2, 1, Work " to start Move 5
TRACK 3 BLOCK 1 144 Move 7: 32 x 2 30 sec. 00:50 "3-2-1 Rest, Cycle 2 Complete" to stop			Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
BLOCK 1 Vogue 144		144	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
Repeat Moves 5-8 32 x 8 2 min 32 x 3 45 sec. 03:50 "3-2-1 Rest, Cycle 4 Complete" to stop 32 x 3 45 sec. 00:14 "3, 2, 1, Work" to start Move 1 00:34 "3, 2, 1, Rest, Cycle 1 Complete" to stop 32 x 2 30 sec. 00:34 "3, 2, 1, Rest, Cycle 1 Complete" to stop 32 x 2 30 sec. 00:34 "3-2-1 Rest, Cycle 2 Complete" to stop 32 x 2 30 sec. 00:34 "3-2-1 Rest, Cycle 2 Complete" to stop 32 x 2 30 sec. 00:34 "3-2-1 Rest, Cycle 3 Complete" to stop 32 x 2 30 sec. 00:34 "3-2-1 Rest, Cycle 3 Complete" to stop 32 x 2 30 sec. 00:34 "3-2-1 Rest, Cycle 4 Complete" to stop 32 x 2 30 sec. 00:34 "3-2-1 Rest, Cycle 4 Complete" to stop 32 x 2 30 sec. 00:30 "3-2-1 Rest, Cycle 4 Complete" to stop 32 x 2 30 sec. 00:30 "3-2-1 Rest, Cycle 2 Complete" to stop 32 x 2 30 sec. 00:30 "3-2-1 Rest, Cycle 2 Complete" to stop 32 x 2 30 sec. 00:30 "3-2-1 Rest, Cycle 2 Complete" to stop 32 x 2 30 sec. 00:30 "3-2-1 Rest, Cycle 2 Complete" to stop 32 x 2 30 sec. 00:30 "3-2-1 Rest, Cycle 2 Complete" to stop 32 x 2 30 sec. 00:30 "3-2-1 Rest, Cycle 3 Complete" to stop 32 x 2 30 sec. 00:30 "3-2-1 Rest, Cycle 3 Complete" to stop 32 x 2 30 sec. 00:30 "3-2-1 Rest, Cycle 3 Complete" to stop 32 x 2 30 sec. 00:30 "3-2-1 Rest, Cycle 3 Complete" to stop 32 x 2 30 sec. 00:30 "3-2-1 Rest, Cycle 3 Complete" to stop 32 x 2 30 sec. 00:30 "3-2-1 Rest, Cycle 4 Complete" to stop 32 x 2 30 sec. 00:30 "3-2-1 Rest, Cycle 3 Complete" to stop 32 x 2 30 sec. 32 x 3 32			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
REST 32 x 4	Vogue		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
Move 1: 32 x 3 45 sec. 00:14 "3, 2, 1, Work" to start Move 1 00:34 "3, 2, 1, Rest, Cycle 1 Complete" to store 00:34 "3, 2, 1, Rest, Cycle 2 Complete" to store 00:34 "3, 2, 1, Rest, Cycle 2 Complete" to store 00:34 "3, 2, 1, Rest, Cycle 2 Complete" to store 00:34 "3-2-1 Rest, Cycle 3 Complete" to store 00:34 "3-2-1 Rest, Cycle 3 Complete" to store 00:34 "3-2-1 Rest, Cycle 4 Complete" to store 00:36 "3-2-1 Rest, Cycle 4 Complete" to sto			Repeat Moves 5-8	32 x 8	2 min	•
TRACK 4 BLOCK 2 Move 3: 32 x 2 30 sec. 00:34 "3, 2, 1, Rest, Cycle 1 Complete" to store Move 4: 32 x 2 30 sec. 01:14 "3-2-1 Work" to start Move 2 01:04 "3-2-1 Rest, Cycle 2 Complete" to store Move 4: 32 x 2 30 sec. 01:34 "3-2-1 Rest, Cycle 3 Complete" to store Move 4: 32 x 2 30 sec. 01:44 "3-2-1 Work" to start Move 4 02:04 "3-2-1 Rest, Cycle 4 Complete" to store Move 4: 32 x 8 2 min 04:04 "3-2-1 Rest, Cycle 4 Complete" to store Move 5: 32 x 2 30 sec. 00:20 "3, 2, 1, Rest, Cycle 1 Complete" to store Move 5: 32 x 2 30 sec. 00:30 "3-2-1 Work" to start Move 5 Move 6: 32 x 2 30 sec. 00:30 "3-2-1 Work" to start Move 6 Move 7: 32 x 2 30 sec. 01:00 "3-2-1 Rest, Cycle 2 Complete" to store Move 7: 32 x 2 30 sec. 01:00 "3-2-1 Rest, Cycle 3 Complete" to store Move 7: 32 x 2 30 sec. 01:00 "3-2-1 Rest, Cycle 3 Complete" to store Move 8: 32 x 2 30 sec. 01:30 "3-2-1 Rest, Cycle 3 Complete" to store Move 8: 32 x 2 30 sec. 01:30 "3-2-1 Rest, Cycle 4 Complete" to store Move 8: 32 x 2 30 sec. 01:30 "3-2-1 Rest, Cycle 4 Complete" to store Move 8: 32 x 8 2 min 03:50 "3-2-1 Rest, Cycle 4 Complete" to store Move 8: 32 x 8 2 min 03:50 "3-2-1 Rest, Cycle 4 Complete" to store Move 8: 32 x 8 2 min 03:50 "3-2-1 Rest, Cycle 4 Complete" to store Move 8: 32 x 8 2 min 03:50 "3-2-1 Rest, Cycle 4 Complete" to store Move 8: 32 x 8 2 min 03:50 "3-2-1 Rest, Cycle 4 Complete" to store Move 8: 32 x 8 2 min 03:50 "3-2-1 Rest, Cycle 4 Complete" to store Move 8: 32 x 8 2 min 03:50 "3-2-1 Rest, Cycle 4 Complete" to store Move 8: 32 x 8 2 min 03:50 "3-2-1 Rest, Cycle 4 Complete" to store Move 8: 32 x 8 2 min 03:50 "3-2-1 Rest, Cycle 4 Complete" to store Move 8: 32 x 8 2 min 03:50 "3-2-1 Rest, Cycle 4 Complete" to store Move 8: 32 x 8 2 min 03:50 "3-2-1 Rest, Cycle 4 Complete" to store Move 8: 32 x 8 2 min 03:50 "3-2-1 Rest, Cycle 3 Complete"			REST	32 x 4	1 min.	
TRACK 4 BLOCK 2 Motownphilly Move 4: Repeat Moves 1-4 TRACK 5 BLOCK 2 Every Little Step TRACK 5 BLOCK 2 Move 8: 144 Move 3: 32 x 2 30 sec. 30 sec.		144	Move 1:	32 x 3	45 sec.	00:34 "3, 2, 1, Rest, Cycle 1 Complete" to stop
BLOCK 2 Motownphilly Move 4: 32 x 2 30 sec. 01:34 "3-2-1 Rest, Cycle 3 Complete" to stop 32 x 2 30 sec. 01:44 "3-2-1 Work" to start Move 4 02:04 "3-2-1 Rest, Cycle 4 Complete" to stop 04:04 "3-2-1 Recover, Tabata Complete" to stop 04:04 "3-2-1 Recover, Tabata Complete" to stop 04:04 "3-2-1 Recover, Tabata Complete" to stop 05:03 = "3, 2, 1, Work" to start Move 5 06:00 "3, 2, 1, Rest, Cycle 1 Complete" to stop 06:00 "3-2-1 Rest, Cycle 2 Complete" to stop 06:00 "3-2-1 Rest, Cycle 2 Complete" to stop 06:00 "3-2-1 Rest, Cycle 2 Complete" to stop 06:00 "3-2-1 Rest, Cycle 3 Complete" to stop 06:00 "3-2-1 Rest, Cycle 4 Complete" to 06:00 "3-2-1 Rest, Cycle 4 Complete" 06:00 "3			Move 2:	32 x 2	30 sec.	00:34 " 3-2-1 Work " to start Move 2 01:04 " 3-2-1 Rest, Cycle 2 Complete" to stop
Repeat Moves 1-4 32 x 8 2 min 04:04 "3-2-1 Rest, Cycle 4 Complete" to stop			Move 3:	32 x 2	30 sec.	01:14 " 3-2-1 Work " to start Move 3 01:34 " 3-2-1 Rest, Cycle 3 Complete" to stop
REST 32 x 4 1 min. 05:03 = "3, 2, 1, Work" to start Move 5	Motownphilly		Move 4:	32 x 2	30 sec.	01:44 " 3-2-1 Work " to start Move 4 02:04 " 3-2-1 Rest, Cycle 4 Complete" to stop
Move 5: 32 x 2 30 sec. 00:20 "3, 2, 1,Rest, Cycle 1 Complete" to store			Repeat Moves 1-4	32 x 8	2 min	•
Move 6: 32 x 2 30 sec. 00:20 "3, 2, 1,Rest, Cycle 1 Complete" to store				32 x 4	1 min.	05:03 – " 3, 2, 1, Work " to start Move 5
TRACK 5 BLOCK 2 Every Little Step Move 7: 32 x 2 30 sec. 00:50 "3-2-1 Rest, Cycle 2 Complete" to stop 01:00 "3-2-1 Work" to start Move 7 01:20 "3-2-1 Rest, Cycle 3 Complete" to stop 01:30 "3-2-1 Rest, Cycle 3 Complete" to stop 01:30 "3-2-1 Rest, Cycle 4 Complete" to stop 01:50 "3-2-1 Rest, Cycle 4 Complete" to stop 01:50 "3-2-1 Rest, Cycle 4 Complete" to stop 01:50 "3-2-1 Recover, Tabata Comple	BLOCK 2 Every Little	144	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1,Rest, Cycle 1 Complete" to stop
BLOCK 2 Every Little Step Move 8: 32 x 2 30 sec. 30 sec. 01:00 3-2-1 Work to start Move 7 01:20 "3-2-1 Rest, Cycle 3 Complete" to store 01:30 "3-2-1 Work" to start Move 8 01:50 "3-2-1 Rest, Cycle 4 Complete" to store 01:50 "3-2-1 Rest, Cycle 4 Complete" to store 01:50 "3-2-1 Rest, Cycle 4 Complete" to store 01:50 "3-2-1 Recover, Tabata Complete" to			Move 6:	32 x 2	30 sec.	00:50 "3-2-1 Rest, Cycle 2 Complete" to stop
Step 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 03:50 "3-2-1 Recover, Tabata Complete" to			Move 7:	32 x 2	30 sec.	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, Tabata Complete" to stop
REST 32 x 4 1 min.			REST	32 x 4	1 min.	

	Move 1:	32 x 3	45 sec.	00:13 "3, 2, 1, Work " to start Move 1 00:33 "3, 2, 1, Rest, Cycle 1 Complete" to stop
	Move 2:	32 x 2	30 sec.	00:43 " 3-2-1 Work " to start Move 2
	Move 3:	32 x 2	30 sec.	01:03 "3-2-1 Rest, Cycle 2 Complete" to stop 01:13 "3-2-1 Work" to start Move 3
150		92.7.2	00000	01:33 "3-2-1 Rest, Cycle 3 Complete" to stop
	Move 4:	32 x 2	30 sec.	01:43 " 3-2-1 Work " to start Move 4 02:03 " 3-2-1 Rest, Cycle 4 Complete" to stop
	Repeat Moves 1-4	32 x 8	2 min	04:03 "3-2-1 Recover, Tabata Complete" to stop
	REST	32 x 4	1 min.	05:00 – "3, 2, 1, Work " to start Move 5
	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
150	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
130	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 03:50 "3-2-1 Recover, Tabata Complete" to
	Repeat Moves 5-8	32 x 8	2 min	stop
		32 x 4	1 min.	
	Move 1:	32 x 3	45 sec.	00:12 "3, 2, 1, Work " to start Move 1 00:32 "3, 2, 1, Rest, Cycle 1 Complete" to stop
150	Move 2:	32 x 2	30 sec.	00:42 " 3-2-1 Work " to start Move 2 01:02 " 3-2-1 Rest, Cycle 2 Complete" to stop
	Move 3:	32 x 2	30 sec.	01:12 " 3-2-1 Work " to start Move 3 01:32 " 3-2-1 Rest, Cycle 3 Complete" to stop
	Move 4:	32 x 2	30 sec.	01:42 "3-2-1 Work " to start Move 4 02:02 "3-2-1 Rest, Cycle 4 Complete" to stop
	Repeat Moves 1-4	32 x 8	2 min	04:02 "3-2-1 Recover, Tabata Complete" to stop
	REST	32 x 4	1 min.	05:02 – " 3, 2, 1, Work " to start Move 5
	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
150	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
	Move 8:	32 x 2	30 sec.	01:20 "3-2-1 Rest, Cycle 3 Complete" to stop 01:30 "3-2-1 Work" to start Move 8
	Repeat Moves 5-8			01:50 "3-2-1 Rest, Cycle 4 Complete" to stop 03:50 "3-2-1 Recover, Tabata Complete" to
	·		2 11/111	stop
	REST	32 x 4	1 min.	
	Move 1:	32 x 3	45 sec.	00:12 "3, 2, 1, Work " to start Move 1 00:32 "3, 2, 1, Rest, Cycle 1 Complete" to stop
160	Move 2:	32 x 2	30 sec.	00:42 " 3-2-1 Work " to start Move 2 01:02 " 3-2-1 Rest, Cycle 2 Complete" to stop
	Move 3:	32 x 2	30 sec.	01:12 " 3-2-1 Work " to start Move 3 01:32 " 3-2-1 Rest, Cycle 3 Complete " to stop
	Move 4:	32 x 2	30 sec.	01:42 " 3-2-1 Work " to start Move 4 02:02 " 3-2-1 Rest, Cycle 4 Complete" to stop
	Repeat Moves 1-4	32 x 8	2 min	04:02 "3-2-1 Recover, Tabata Complete" to
				Stop
	REST	32 x 4	1 min.	o5:00 – " 3, 2, 1, Work " to start Move 5
	150	Move 2: Move 3: Move 4: Repeat Moves 1-4 REST Move 6: Move 7: Move 8: Repeat Moves 5-8 REST Move 1: Move 2: Move 3: Move 4: Repeat Moves 1-4 REST Move 6: Move 6: Move 5: Move 6: Repeat Moves 5-8 REST Move 5: Move 6: Move 6: Move 7: Move 8: Repeat Moves 5-8 REST Move 7: Move 8: Repeat Move 5-8 REST Move 7: Move 8: Repeat Move 5-8 REST Move 1: Move 3:	Move 2: 32 x 2	Move 2: 32 x 2 30 sec.

Jump Around		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, Tabata Complete" to stop
		REST	32 x 4	1 min.	
TRACK 12 COOL DOWN Return Of The Mack	100				