



# CARDIO CHOREOGRAPHY

## WARM-UP (3 MINUTES)

- Warm-Up Routine: \_\_\_\_\_
- Duration: 3 minutes

## MAIN DANCE CHOREOGRAPHY SEGMENT (21 MINUTES)

**Song 1:** \_\_\_\_\_

- Routine: \_\_\_\_\_
- Counts 1-8: \_\_\_\_\_
- Counts 9-16: \_\_\_\_\_
- Counts 17-24: \_\_\_\_\_
- Counts 25-32: \_\_\_\_\_

**Song 2:** \_\_\_\_\_

- Routine: \_\_\_\_\_
- Counts 1-8: \_\_\_\_\_
- Counts 9-16: \_\_\_\_\_
- Counts 17-24: \_\_\_\_\_
- Counts 25-32: \_\_\_\_\_

**Song 3:** \_\_\_\_\_

- Routine: \_\_\_\_\_
- Counts 1-8: \_\_\_\_\_
- Counts 9-16: \_\_\_\_\_
- Counts 17-24: \_\_\_\_\_
- Counts 25-32: \_\_\_\_\_

**Song 4:** \_\_\_\_\_

- Routine: \_\_\_\_\_
- Counts 1-8: \_\_\_\_\_
- Counts 9-16: \_\_\_\_\_
- Counts 17-24: \_\_\_\_\_
- Counts 25-32: \_\_\_\_\_

**Song 5:** \_\_\_\_\_

- Routine: \_\_\_\_\_
- Counts 1-8: \_\_\_\_\_
- Counts 9-16: \_\_\_\_\_
- Counts 17-24: \_\_\_\_\_
- Counts 25-32: \_\_\_\_\_

**Song 6:** \_\_\_\_\_

- Routine: \_\_\_\_\_
- Counts 1-8: \_\_\_\_\_
- Counts 9-16: \_\_\_\_\_
- Counts 17-24: \_\_\_\_\_
- Counts 25-32: \_\_\_\_\_

**Song 7:** \_\_\_\_\_

- Routine: \_\_\_\_\_
- Counts 1-8: \_\_\_\_\_
- Counts 9-16: \_\_\_\_\_
- Counts 17-24: \_\_\_\_\_
- Counts 25-32: \_\_\_\_\_

## COOL-DOWN AND STRETCHING (3 MINUTES)

- Cool-Down Routine: \_\_\_\_\_
- Duration: 3 minutes



**CIRCUIT TRAINING: WARM-UP  
(5 MINUTES)**

- Exercise 1: \_\_\_\_\_
- Duration: 1 minute
- Exercise 2: \_\_\_\_\_
- Duration: 1 minute
- Exercise 3: \_\_\_\_\_
- Duration: 1 minute

**Station 1 (3 minutes)**

- Exercise 1: \_\_\_\_\_
- Duration: 45 seconds
- Rest: 15 seconds
- Exercise 2: \_\_\_\_\_
- Duration: 45 seconds
- Rest: 15 seconds
- Exercise 3: \_\_\_\_\_
- Duration: 45 seconds
- Transition to next station: 15 seconds \_\_\_\_\_

**Station 3 (3 minutes)**

- Exercise 1: \_\_\_\_\_
- Duration: 45 seconds
- Rest: 15 seconds
- Exercise 2: \_\_\_\_\_
- Duration: 45 seconds
- Rest: 15 seconds
- Exercise 3: \_\_\_\_\_
- Duration: 45 seconds
- Transition to next station: 15 seconds \_\_\_\_\_

**CIRCUIT TRAINING SEGMENT  
(20 MINUTES)**

- Work Interval: Typically 45 seconds of exercise
- Rest Interval: Typically 15 seconds of rest or transition
- Equipment Needed:

**Station 2 (3 minutes)**

- Exercise 1: \_\_\_\_\_
- Duration: 45 seconds
- Rest: 15 seconds
- Exercise 2: \_\_\_\_\_
- Duration: 45 seconds
- Rest: 15 seconds
- Exercise 3: \_\_\_\_\_
- Duration: 45 seconds
- Transition to next station: 15 seconds \_\_\_\_\_

**Station 4 (3 minutes)**

- Exercise 1: \_\_\_\_\_
- Duration: 45 seconds
- Rest: 15 seconds
- Exercise 2: \_\_\_\_\_
- Duration: 45 seconds
- Rest: 15 seconds
- Exercise 3: \_\_\_\_\_
- Duration: 45 seconds
- Transition to next station: 15 seconds \_\_\_\_\_



**Station 5 (3 minutes)**

- Exercise 1: \_\_\_\_\_
- Duration: 45 seconds
- Rest: 15 seconds
- Exercise 2: \_\_\_\_\_
- Duration: 45 seconds
- Rest: 15 seconds
- Exercise 3: \_\_\_\_\_
- Duration: 45 seconds
- Transition to next station: 15 seconds \_\_\_\_\_

**Station 6 (3 minutes)**

- Exercise 1: \_\_\_\_\_
- Duration: 45 seconds
- Rest: 15 seconds
- Exercise 2: \_\_\_\_\_
- Duration: 45 seconds
- Rest: 15 seconds
- Exercise 3: \_\_\_\_\_
- Duration: 45 seconds
- Transition to next station: 15 seconds \_\_\_\_\_

**COOL-DOWN AND STRETCHING (5 MINUTES)**

- Exercise 1: \_\_\_\_\_
- Duration: 1-2 minutes
- Exercise 2: \_\_\_\_\_
- Duration: 1-2 minutes
- Exercise 3: \_\_\_\_\_
- Duration: 1-2 minutes

# FLEXIBILITY

## WARM-UP (5 MINUTES)

- Exercise 1: \_\_\_\_\_
- Exercise 2: \_\_\_\_\_
- Exercise 3: \_\_\_\_\_

## MAIN STRETCHING SEGMENT (20 MINUTES)

- Upper Body Stretches (5 minutes)
- Exercise 1: \_\_\_\_\_
- Exercise 2: \_\_\_\_\_
- Exercise 3: \_\_\_\_\_

## LOWER BODY STRETCHES (5 MINUTES)

- Exercise 1: \_\_\_\_\_
- Exercise 2: \_\_\_\_\_
- Exercise 3: \_\_\_\_\_

## FULL BODY STRETCHES (5 MINUTES)

- Exercise 1: \_\_\_\_\_
- Exercise 2: \_\_\_\_\_
- Exercise 3: \_\_\_\_\_

## DYNAMIC STRETCHES (5 MINUTES)

- Exercise 1: \_\_\_\_\_
- Exercise 2: \_\_\_\_\_
- Exercise 3: \_\_\_\_\_

## COOL-DOWN AND RELAXATION (5 MINUTES)

- Exercise 1: \_\_\_\_\_
- Exercise 2: \_\_\_\_\_
- Exercise 3: \_\_\_\_\_



# HIIT

## WARM-UP (5 MINUTES)

- Exercise 1: \_\_\_\_\_
- Exercise 2: \_\_\_\_\_
- Exercise 3: \_\_\_\_\_

## HIIT SEGMENT (20 MINUTES)

### Round 1 (5 minutes)

- Exercise 1 (Work Interval):  
\_\_\_\_\_ (45 seconds)
- Rest Interval: 15 seconds
- Exercise 2 (Work Interval):  
\_\_\_\_\_ (45 seconds)
- Rest Interval: 15 seconds
- Exercise 3 (Work Interval):  
\_\_\_\_\_ (45 seconds)
- Rest Interval: 15 seconds
- Exercise 4 (Work Interval):  
\_\_\_\_\_ (45 seconds)
- Rest Interval: 15 seconds

### Round 3 (5 minutes)

- Exercise 1 (Work Interval):  
\_\_\_\_\_ (45 seconds)
- Rest Interval: 15 seconds
- Exercise 2 (Work Interval):  
\_\_\_\_\_ (45 seconds)
- Rest Interval: 15 seconds
- Exercise 3 (Work Interval):  
\_\_\_\_\_ (45 seconds)
- Rest Interval: 15 seconds
- Exercise 4 (Work Interval):  
\_\_\_\_\_ (45 seconds)
- Rest Interval: 15 seconds

### Round 2 (5 minutes)

- Exercise 1 (Work Interval):  
\_\_\_\_\_ (45 seconds)
- Rest Interval: 15 seconds
- Exercise 2 (Work Interval):  
\_\_\_\_\_ (45 seconds)
- Rest Interval: 15 seconds
- Exercise 3 (Work Interval):  
\_\_\_\_\_ (45 seconds)
- Rest Interval: 15 seconds
- Exercise 4 (Work Interval):  
\_\_\_\_\_ (45 seconds)
- Rest Interval: 15 seconds

### Round 4 (5 minutes)

- Exercise 1 (Work Interval):  
\_\_\_\_\_ (45 seconds)
- Rest Interval: 15 seconds
- Exercise 2 (Work Interval):  
\_\_\_\_\_ (45 seconds)
- Rest Interval: 15 seconds
- Exercise 3 (Work Interval):  
\_\_\_\_\_ (45 seconds)
- Rest Interval: 15 seconds
- Exercise 4 (Work Interval):  
\_\_\_\_\_ (45 seconds)
- Rest Interval: 15 seconds

## COOL-DOWN AND STRETCHING (5 MINUTES)

- Exercise 1: \_\_\_\_\_
- Exercise 2: \_\_\_\_\_
- Exercise 3: \_\_\_\_\_



## INTERVAL TRAINING

- Warm-Up (5 minutes)
- Exercise 1: \_\_\_\_\_
- Exercise 2: \_\_\_\_\_
- Exercise 3: \_\_\_\_\_

## INTERVAL SEGMENT (20 MINUTES)

- Round 1 (5 minutes)**
- Exercise 1 (Work Interval): \_\_\_\_\_
- Exercise 2 (Rest Interval): \_\_\_\_\_
- Exercise 3 (Work Interval): \_\_\_\_\_
- Exercise 4 (Rest Interval): \_\_\_\_\_

- Round 2 (5 minutes)**
- Exercise 1 (Work Interval): \_\_\_\_\_
- Exercise 2 (Rest Interval): \_\_\_\_\_
- Exercise 3 (Work Interval): \_\_\_\_\_
- Exercise 4 (Rest Interval): \_\_\_\_\_

- Round 3 (5 minutes)**
- Exercise 1 (Work Interval): \_\_\_\_\_
- Exercise 2 (Rest Interval): \_\_\_\_\_
- Exercise 3 (Work Interval): \_\_\_\_\_
- Exercise 4 (Rest Interval): \_\_\_\_\_

- Round 4 (5 minutes)**
- Exercise 1 (Work Interval): \_\_\_\_\_
- Exercise 2 (Rest Interval): \_\_\_\_\_
- Exercise 3 (Work Interval): \_\_\_\_\_
- Exercise 4 (Rest Interval): \_\_\_\_\_

## COOL-DOWN AND STRETCHING (5 MINUTES)

- Exercise 1: \_\_\_\_\_
- Exercise 2: \_\_\_\_\_
- Exercise 3: \_\_\_\_\_