



Musical Workout (15 min)

Circle your choice

Warm-up (lower intensity) 3 MINUTES TOTAL

30 second march in place
Move #1 (60 seconds) _____

Music Note Value



30 second march in place
Move #2 (60 seconds) _____

Music Note Value



Draw your notes. Use one note, a beamed group of notes or a combo

Workout Circuit (higher intensity) 9 MINUTES TOTAL – You will repeat this set 3 times

Move #3 (50 seconds) _____
10 second break

Music Note Values _____

Move #4 (50 seconds) _____
10 second break

Music Note Values _____

Move #5 (50 seconds) _____
10 second break

Music Note Values _____

Circle your choice

Cool down (lower intensity) 3 MINUTES TOTAL

30 second march in place
Move #6 (60 seconds) _____

Music Note Value



30 second march in place
Move #7 (60 seconds) _____

Music Note Value

