

TABATA ROUTINE CARD

One and Done: Health-Related Fitness Card 1

Set #	Exercise Name	Interval Start
1	Half-Jack Med-Ball Squeeze [Medicine Ball]	0:00
	Rest 10 Seconds	
2	Biceps Curl [Medicine Ball]	0:30
	Rest 10 Seconds	
3	Half-Jack Med-Ball High [Medicine Ball]	1:00
	Rest 10 Seconds	
4	Triceps Extension [Medicine Ball]	1:30
	Rest 10 Seconds	
5	Half-Jack Med-Ball Squeeze [Medicine Ball]	2:00
	Rest 10 Seconds	
6	Med-Ball Oblique Twist [Medicine Ball]	2:30
	Rest 10 Seconds	
7	Half-Jack Med-Ball High [Medicine Ball]	3:00
	Rest 10 Seconds	
8	Walking Lunge [Medicine Ball]	3:30
	Rest 10 Seconds	

TABATA ROUTINE CARD

One and Done: Health-Related Fitness Card 2

Set #	Exercise Name	Interval Start
1	Decline Planks [Fitness Ball]	0:00
	Rest 10 Seconds	
2	Wall-Ball Squat [Fitness Ball]	0:30
	Rest 10 Seconds	
3	Straight Crunch [Fitness Ball]	1:00
	Rest 10 Seconds	
4	High-Ball Squat [Fitness Ball]	1:30
	Rest 10 Seconds	
5	Twist Crunch [Fitness Ball]	2:00
	Rest 10 Seconds	
6	T-Raises [Fitness Ball]	2:30
	Rest 10 Seconds	
7	Incline Planks [Fitness Ball]	3:00
	Rest 10 Seconds	
8	Y-Raises [Fitness Ball]	3:30
	Rest 10 Seconds	

TABATA ROUTINE CARD

One and Done: Skill-Related Fitness Card 1

Set #	Exercise Name	Interval Start
1	High Knees Straight Through [Agility Ladder]	0:00
	Rest 10 Seconds	
2	In-Out Jumps [Agility Ladder]	0:30
	Rest 10 Seconds	
3	In-Out Toe Touches [Agility Ladder]	1:00
	Rest 10 Seconds	
4	2-Foot Lateral Run [Agility Ladder]	1:30
	Rest 10 Seconds	
5	Jumping Jacks [Agility Ladder]	2:00
	Rest 10 Seconds	
6	90-Degree Jump Turns (Clockwise) [Agility Ladder]	2:30
	Rest 10 Seconds	
7	90-Degree Jump Turns (Counter-Clockwise) [Agility Ladder]	3:00
	Rest 10 Seconds	
8	Hop Scotch In-Outs [Agility Ladder]	3:30
	Rest 10 Seconds	

TABATA ROUTINE CARD

One and Done: Skill-Related Fitness Card 2

Set #	Exercise Name	Interval Start
1	One-Legged Marching Pose (Right)	0:00
	Rest 10 Seconds	
2	One-Legged Marching Pose (Left)	0:30
	Rest 10 Seconds	
3	One-Legged Clock with Arms (Right)	1:00
	Rest 10 Seconds	
4	One-Legged Clock with Arms (Left)	1:30
	Rest 10 Seconds	
5	Power Man Vertical Jumps	2:00
	Rest 10 Seconds	
6	180-Degree 2-Foot Jump Turns	2:30
	Rest 10 Seconds	
7	Stationary Skips	3:00
	Rest 10 Seconds	
8	Plank Scarf Tosses	3:30
	Rest 10 Seconds	