**Double or Nothing:** Routine Card 1

|  |  |  |
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| **Set #** | **Exercise Name** | **Interval Start** |
| **1** | **Lunges** | **0:00** |
|  | **Rest 10 Seconds** |  |
| **2** | **Lunges** | **0:30** |
|  | **Rest 10 Seconds** |  |
| **3** | **Plank Arm Raises** | **1:00** |
|  | **Rest 10 Seconds** |  |
| **4** | **Plank Arm Raises** | **1:30** |
|  | **Rest 10 Seconds** |  |
| **5** | **Squats** | **2:00** |
|  | **Rest 10 Seconds** |  |
| **6** | **Squats** | **2:30** |
|  | **Rest 10 Seconds** |  |
| **7** | **Plank Leg Raises** | **3:00** |
|  | **Rest 10 Seconds** |  |
| **8** | **Plank Leg Raises** | **3:30** |
|  | **Rest 10 Seconds** |  |

**Double or Nothing:** Routine Card 2

|  |  |  |
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| **Set #** | **Exercise Name** | **Interval Start** |
| **1** | **Jumping Jacks** | **0:00** |
|  | **Rest 10 Seconds** |  |
| **2** | **Jumping Jacks** | **0:30** |
|  | **Rest 10 Seconds** |  |
| **3** | **Jump Squats** | **1:00** |
|  | **Rest 10 Seconds** |  |
| **4** | **Jump Squats** | **1:30** |
|  | **Rest 10 Seconds** |  |
| **5** | **Plank Climbers** | **2:00** |
|  | **Rest 10 Seconds** |  |
| **6** | **Plank Climbers** | **2:30** |
|  | **Rest 10 Seconds** |  |
| **7** | **Push-ups** | **3:00** |
|  | **Rest 10 Seconds** |  |
| **8** | **Push-ups** | **3:30** |
|  | **Rest 10 Seconds** |  |

**Double or Nothing:** Routine Card 3

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| **Set #** | **Exercise Name** | **Interval Start** |
| **1** | **Floor Tap & Toss** [Medicine Ball] | **0:00** |
|  | **Rest 10 Seconds** |  |
| **2** | **Floor Tap & Toss** [Medicine Ball] | **0:30** |
|  | **Rest 10 Seconds** |  |
| **3** | **Side-to-Side Chops** [Medicine Ball] | **1:00** |
|  | **Rest 10 Seconds** |  |
| **4** | **Side-to-Side Chops** [Medicine Ball] | **1:30** |
|  | **Rest 10 Seconds** |  |
| **5** | **Med-Ball Climbers** [Medicine Ball] | **2:00** |
|  | **Rest 10 Seconds** |  |
| **6** | **Med-Ball Climbers** [Medicine Ball] | **2:30** |
|  | **Rest 10 Seconds** |  |
| **7** | **Med-Ball Push-ups** [Medicine Ball] | **3:00** |
|  | **Rest 10 Seconds** |  |
| **8** | **Med-Ball Push-ups** [Medicine Ball] | **3:30** |
|  | **Rest 10 Seconds** |  |

**Double or Nothing:** Routine Card 4

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| **Set #** | **Exercise Name** | **Interval Start** |
| **1** | **KB Squats** [Kettle Bell] | **0:00** |
|  | **Rest 10 Seconds** |  |
| **2** | **KB Squats** [Kettle Bell] | **0:30** |
|  | **Rest 10 Seconds** |  |
| **3** | **KB Upright Rows** [Kettle Bell] | **1:00** |
|  | **Rest 10 Seconds** |  |
| **4** | **KB Upright Rows** [Kettle Bell] | **1:30** |
|  | **Rest 10 Seconds** |  |
| **5** | **KB Deadlifts** [Kettle Bell] | **2:00** |
|  | **Rest 10 Seconds** |  |
| **6** | **KB Deadlifts** [Kettle Bell] | **2:30** |
|  | **Rest 10 Seconds** |  |
| **7** | **KB Press Right** [Kettle Bell] | **3:00** |
|  | **Rest 10 Seconds** |  |
| **8** | **KB Press Left** [Kettle Bell] | **3:30** |
|  | **Rest 10 Seconds** |  |