

TABATA ROUTINE CARD

Double or Nothing: Routine Card 1

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	

TABATA ROUTINE CARD

Double or Nothing: Routine Card 2

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	

TABATA ROUTINE CARD

Double or Nothing: Routine Card 3

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	

TABATA ROUTINE CARD

Double or Nothing: Routine Card 4

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	