

**TABATA ROUTINE CARD**

**Mirror-Mirror Exercise Cards**

<b>Muscle-Strengthening</b>	<b>Bone-Strengthening</b>
<b>Squats</b>	<b>Jumping Jacks</b>
<b>Lunges</b>	<b>Jump Squats</b>
<b>Push-ups</b>	<b>Burpees</b>
<b>Plank Arm Raises</b>	<b>Star Jumps</b>
<b>Plank Leg Raises</b>	<b>Plank Walk</b> [Clockwise Circle]
<b>Calf Raises</b>	<b>Plank Walk</b> [Counter-Clockwise Circle]
<b>Raised Arm Circles</b>	<b>Plank Jacks</b>
<b>Arm Scissors</b>	<b>High-Knee Stationary Jog</b>

TABATA ROUTINE CARD

Mirror-Mirror Exercise Cards

Muscle-Strengthening	Bone-Strengthening
<b>Ball-Hug Squats</b> [Medicine Ball]	<b>Speed Rope</b> [Jump Rope]
<b>Bull-Hug Lunges</b> [Medicine Ball]	<b>Power Rope</b> [Jump Rope]
<b>Ball-Hug Calf Raises</b> [Medicine Ball]	<b>Skier Rope</b> [Jump Rope]
<b>V-Ups</b> [Medicine Ball]	<b>Backwards Rope</b> [Jump Rope]
<b>Biceps Curls</b> [Medicine Ball]	<b>Ball Slams</b> [Medicine Ball]
<b>Triceps Extension</b> [Medicine Ball]	<b>Squat Press &amp; Toss</b> [Medicine Ball]
<b>Oblique Twists</b> [Medicine Ball]	<b>Calf-Jump Slams</b> [Medicine Ball]
<b>Med-Ball Planks</b> [Medicine Ball]	<b>Ball-Hug Sumo Walk</b> [Medicine Ball]