Flip Flop Don’t Stop [Routine Card 1]

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| |  |  |  | | --- | --- | --- | | **Set #** | **Partner A then B [Medicine Ball]** | **Interval Start** | | **1&2** | **Half-Jack Med-Ball Squeeze** | **0 & :30** | |  | **Rest 10 Seconds** |  | | **3&4** | **Side-to-Side Chops** | **1 & 1:30** | |  | **Rest 10 Seconds** |  | | **5&6** | **Med-Ball Climbers** | **2 & 2:30** | |  | **Rest 10 Seconds** |  | | **7&8** | **Half-Jack Med-Ball High** | **3 & 3:30** | |  | **Rest 10 Seconds** |  | | **9&10** | **Floor Tap & Toss** | **4 & 4:30** | |  | **Rest 10 Seconds** |  | | **11&12** | **Med-Ball Oblique Twist** | **5 & 5:30** | |  | **Rest 10 Seconds** |  | | **13&14** | **Med-Ball Push-ups** | **6 & 6:30** | |  | **Rest 10 Seconds** |  | | **15&16** | **Walking Lunge** | **7 & 7:30** | |  | **Rest 10 Seconds** |  | | |  |  |  | | --- | --- | --- | | **Set #** | **Partner B then A [Kettle Bell]** | **Interval Start** | | **1&2** | **KB Squats** | **0 & :30** | |  | **Rest 10 Seconds** |  | | **3&4** | **KB Upright Rows** | **1 & 1:30** | |  | **Rest 10 Seconds** |  | | **5&6** | **KB Deadlifts** | **2 & 2:30** | |  | **Rest 10 Seconds** |  | | **7&8** | **KB Press Right** | **3 & 3:30** | |  | **Rest 10 Seconds** |  | | **9&10** | **KB Press Left** | **4 & 4:30** | |  | **Rest 10 Seconds** |  | | **11&12** | **KB Swing Control** | **5 & 5:30** | |  | **Rest 10 Seconds** |  | | **13&14** | **KB Figure 8** | **6 & 6:30** | |  | **Rest 10 Seconds** |  | | **15&16** | **KB Around the World** | **7 & 7:30** | |  | **Rest 10 Seconds** |  | |

Flip Flop Don’t Stop [Routine Card 1]

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| |  |  |  | | --- | --- | --- | | **Set #** | **Partner A then B [Jump Rope]** | **Interval Start** | | **1&2** | **Speed Rope** | **0 & :30** | |  | **Rest 10 Seconds** |  | | **3&4** | **Side-to-Side Skier Jumps** | **1 & 1:30** | |  | **Rest 10 Seconds** |  | | **5&6** | **Speed Rope** | **2 & 2:30** | |  | **Rest 10 Seconds** |  | | **7&8** | **High-Knee Skip Jumps** | **3 & 3:30** | |  | **Rest 10 Seconds** |  | | **9&10** | **Speed Rope** | **4 & 4:30** | |  | **Rest 10 Seconds** |  | | **11&12** | **Side-to-Side Skier Jumps** | **5 & 5:30** | |  | **Rest 10 Seconds** |  | | **13&14** | **Speed Rope** | **6 & 6:30** | |  | **Rest 10 Seconds** |  | | **15&16** | **High-Knee Skip Jumps** | **7 & 7:30** | |  | **Rest 10 Seconds** |  | | |  |  |  | | --- | --- | --- | | **Set #** | **Partner B then A [Resistance Band]** | **Interval Start** | | **1&2** | **Biceps Curls** | **0 & :30** | |  | **Rest 10 Seconds** |  | | **3&4** | **Squats** | **1 & 1:30** | |  | **Rest 10 Seconds** |  | | **5&6** | **Shoulder Press** | **2 & 2:30** | |  | **Rest 10 Seconds** |  | | **7&8** | **Upright Rows** | **3 & 3:30** | |  | **Rest 10 Seconds** |  | | **9&10** | **Biceps Curls** | **4 & 4:30** | |  | **Rest 10 Seconds** |  | | **11&12** | **Squats** | **5 & 5:30** | |  | **Rest 10 Seconds** |  | | **13&14** | **Shoulder Press** | **6 & 6:30** | |  | **Rest 10 Seconds** |  | | **15&16** | **Squats** | **7 & 7:30** | |  | **Rest 10 Seconds** |  | |