

# TABATA ROUTINE CARD

Flip Flop Don't Stop [Routine Card 1]

Set #	Partner A then B [Medicine Ball]	Interval Start
<b>1&amp;2</b>	<b>Half-Jack Med-Ball Squeeze</b>	<b>0 &amp; :30</b>
	<b>Rest 10 Seconds</b>	
<b>3&amp;4</b>	<b>Side-to-Side Chops</b>	<b>1 &amp; 1:30</b>
	<b>Rest 10 Seconds</b>	
<b>5&amp;6</b>	<b>Med-Ball Climbers</b>	<b>2 &amp; 2:30</b>
	<b>Rest 10 Seconds</b>	
<b>7&amp;8</b>	<b>Half-Jack Med-Ball High</b>	<b>3 &amp; 3:30</b>
	<b>Rest 10 Seconds</b>	
<b>9&amp;10</b>	<b>Floor Tap &amp; Toss</b>	<b>4 &amp; 4:30</b>
	<b>Rest 10 Seconds</b>	
<b>11&amp;12</b>	<b>Med-Ball Oblique Twist</b>	<b>5 &amp; 5:30</b>
	<b>Rest 10 Seconds</b>	
<b>13&amp;14</b>	<b>Med-Ball Push-ups</b>	<b>6 &amp; 6:30</b>
	<b>Rest 10 Seconds</b>	
<b>15&amp;16</b>	<b>Walking Lunge</b>	<b>7 &amp; 7:30</b>
	<b>Rest 10 Seconds</b>	

Set #	Partner B then A [Kettle Bell]	Interval Start
<b>1&amp;2</b>	<b>KB Squats</b>	<b>0 &amp; :30</b>
	<b>Rest 10 Seconds</b>	
<b>3&amp;4</b>	<b>KB Upright Rows</b>	<b>1 &amp; 1:30</b>
	<b>Rest 10 Seconds</b>	
<b>5&amp;6</b>	<b>KB Deadlifts</b>	<b>2 &amp; 2:30</b>
	<b>Rest 10 Seconds</b>	
<b>7&amp;8</b>	<b>KB Press Right</b>	<b>3 &amp; 3:30</b>
	<b>Rest 10 Seconds</b>	
<b>9&amp;10</b>	<b>KB Press Left</b>	<b>4 &amp; 4:30</b>
	<b>Rest 10 Seconds</b>	
<b>11&amp;12</b>	<b>KB Swing Control</b>	<b>5 &amp; 5:30</b>
	<b>Rest 10 Seconds</b>	
<b>13&amp;14</b>	<b>KB Figure 8</b>	<b>6 &amp; 6:30</b>
	<b>Rest 10 Seconds</b>	
<b>15&amp;16</b>	<b>KB Around the World</b>	<b>7 &amp; 7:30</b>
	<b>Rest 10 Seconds</b>	

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Set #	Partner A then B [Jump Rope]	Interval Start
<b>1&amp;2</b>	<b>Speed Rope</b>	<b>0 &amp; :30</b>
	<b>Rest 10 Seconds</b>	
<b>3&amp;4</b>	<b>Side-to-Side Skier Jumps</b>	<b>1 &amp; 1:30</b>
	<b>Rest 10 Seconds</b>	
<b>5&amp;6</b>	<b>Speed Rope</b>	<b>2 &amp; 2:30</b>
	<b>Rest 10 Seconds</b>	
<b>7&amp;8</b>	<b>High-Knee Skip Jumps</b>	<b>3 &amp; 3:30</b>
	<b>Rest 10 Seconds</b>	
<b>9&amp;10</b>	<b>Speed Rope</b>	<b>4 &amp; 4:30</b>
	<b>Rest 10 Seconds</b>	
<b>11&amp;12</b>	<b>Side-to-Side Skier Jumps</b>	<b>5 &amp; 5:30</b>
	<b>Rest 10 Seconds</b>	
<b>13&amp;14</b>	<b>Speed Rope</b>	<b>6 &amp; 6:30</b>
	<b>Rest 10 Seconds</b>	
<b>15&amp;16</b>	<b>High-Knee Skip Jumps</b>	<b>7 &amp; 7:30</b>
	<b>Rest 10 Seconds</b>	

Set #	Partner B then A [Resistance Band]	Interval Start
<b>1&amp;2</b>	<b>Biceps Curls</b>	<b>0 &amp; :30</b>
	<b>Rest 10 Seconds</b>	
<b>3&amp;4</b>	<b>Squats</b>	<b>1 &amp; 1:30</b>
	<b>Rest 10 Seconds</b>	
<b>5&amp;6</b>	<b>Shoulder Press</b>	<b>2 &amp; 2:30</b>
	<b>Rest 10 Seconds</b>	
<b>7&amp;8</b>	<b>Upright Rows</b>	<b>3 &amp; 3:30</b>
	<b>Rest 10 Seconds</b>	
<b>9&amp;10</b>	<b>Biceps Curls</b>	<b>4 &amp; 4:30</b>
	<b>Rest 10 Seconds</b>	
<b>11&amp;12</b>	<b>Squats</b>	<b>5 &amp; 5:30</b>
	<b>Rest 10 Seconds</b>	
<b>13&amp;14</b>	<b>Shoulder Press</b>	<b>6 &amp; 6:30</b>
	<b>Rest 10 Seconds</b>	
<b>15&amp;16</b>	<b>Squats</b>	<b>7 &amp; 7:30</b>
	<b>Rest 10 Seconds</b>	