

TABATA ROUTINE CARD

4-Minute Tabata Warm-Up 1

Set #	Exercise Name	Interval Start
<b>1</b>	<b>Jumping Jacks</b>	<b>0:00</b>
	Rest 10 Seconds	
<b>2</b>	<b>Biceps Curl [Resistance Band]</b>	<b>0:30</b>
	Rest 10 Seconds	
<b>3</b>	<b>Invisible Jump Rope</b>	<b>1:00</b>
	Rest 10 Seconds	
<b>4</b>	<b>Triceps Kick-Back [Resistance Band]</b>	<b>1:30</b>
	Rest 10 Seconds	
<b>5</b>	<b>Jumping Jacks</b>	<b>2:00</b>
	Rest 10 Seconds	
<b>6</b>	<b>Upright Row [Resistance Band]</b>	<b>2:30</b>
	Rest 10 Seconds	
<b>7</b>	<b>Star Jumps</b>	<b>3:00</b>
	Rest 10 Seconds	
<b>8</b>	<b>Power Squats [Resistance Band]</b>	<b>3:30</b>
	Rest 10 Seconds	

## TABATA ROUTINE CARD

### 4-Minute Tabata Warm-Up 2

Set #	Exercise Name	Interval Start
1	<b>Boxer Rope Skips</b> [Jump Rope]	<b>0:00</b>
	Rest 10 Seconds	
2	<b>Plank Arm Raises</b>	<b>0:30</b>
	Rest 10 Seconds	
3	<b>Boxer Rope Skips</b> [Jump Rope]	<b>1:00</b>
	Rest 10 Seconds	
4	<b>Plank Leg Raises</b>	<b>1:30</b>
	Rest 10 Seconds	
5	<b>Boxer Rope Skips</b> [Jump Rope]	<b>2:00</b>
	Rest 10 Seconds	
6	<b>Plank Arm Raises</b>	<b>2:30</b>
	Rest 10 Seconds	
7	<b>Boxer Rope Skips</b> [Jump Rope]	<b>3:00</b>
	Rest 10 Seconds	
8	<b>Plank Leg Raises</b>	<b>3:30</b>
	Rest 10 Seconds	

TABATA ROUTINE CARD

One and Done: Health-Related Fitness Card 1

Set #	Exercise Name	Interval Start
1	<b>Half-Jack Med-Ball Squeeze</b> [Medicine Ball]	<b>0:00</b>
	Rest 10 Seconds	
2	<b>Biceps Curl</b> [Medicine Ball]	<b>0:30</b>
	Rest 10 Seconds	
3	<b>Half-Jack Med-Ball High</b> [Medicine Ball]	<b>1:00</b>
	Rest 10 Seconds	
4	<b>Triceps Extension</b> [Medicine Ball]	<b>1:30</b>
	Rest 10 Seconds	
5	<b>Half-Jack Med-Ball Squeeze</b> [Medicine Ball]	<b>2:00</b>
	Rest 10 Seconds	
6	<b>Med-Ball Oblique Twist</b> [Medicine Ball]	<b>2:30</b>
	Rest 10 Seconds	
7	<b>Half-Jack Med-Ball High</b> [Medicine Ball]	<b>3:00</b>
	Rest 10 Seconds	
8	<b>Walking Lunge</b> [Medicine Ball]	<b>3:30</b>
	Rest 10 Seconds	

TABATA ROUTINE CARD

One and Done: Health-Related Fitness Card 2

Set #	Exercise Name	Interval Start
1	<b>Decline Planks</b> [Fitness Ball]	<b>0:00</b>
	Rest 10 Seconds	
2	<b>Wall-Ball Squat</b> [Fitness Ball]	<b>0:30</b>
	Rest 10 Seconds	
3	<b>Straight Crunch</b> [Fitness Ball]	<b>1:00</b>
	Rest 10 Seconds	
4	<b>High-Ball Squat</b> [Fitness Ball]	<b>1:30</b>
	Rest 10 Seconds	
5	<b>Twist Crunch</b> [Fitness Ball]	<b>2:00</b>
	Rest 10 Seconds	
6	<b>T-Raises</b> [Fitness Ball]	<b>2:30</b>
	Rest 10 Seconds	
7	<b>Incline Planks</b> [Fitness Ball]	<b>3:00</b>
	Rest 10 Seconds	
8	<b>Y-Raises</b> [Fitness Ball]	<b>3:30</b>
	Rest 10 Seconds	

TABATA ROUTINE CARD

One and Done: Skill-Related Fitness Card 1

Set #	Exercise Name	Interval Start
1	<b>High Knees Straight Through</b> [Agility Ladder]	<b>0:00</b>
	Rest 10 Seconds	
2	<b>In-Out Jumps</b> [Agility Ladder]	<b>0:30</b>
	Rest 10 Seconds	
3	<b>In-Out Toe Touches</b> [Agility Ladder]	<b>1:00</b>
	Rest 10 Seconds	
4	<b>2-Foot Lateral Run</b> [Agility Ladder]	<b>1:30</b>
	Rest 10 Seconds	
5	<b>Jumping Jacks</b> [Agility Ladder]	<b>2:00</b>
	Rest 10 Seconds	
6	<b>90-Degree Jump Turns (Clockwise)</b> [Agility Ladder]	<b>2:30</b>
	Rest 10 Seconds	
7	<b>90-Degree Jump Turns (Counter-Clockwise)</b> [Agility Ladder]	<b>3:00</b>
	Rest 10 Seconds	
8	<b>Hop Scotch In-Outs</b> [Agility Ladder]	<b>3:30</b>
	Rest 10 Seconds	

TABATA ROUTINE CARD

One and Done: Skill-Related Fitness Card 2

Set #	Exercise Name	Interval Start
1	<b>One-Legged Marching Pose (Right)</b>	<b>0:00</b>
	Rest 10 Seconds	
2	<b>One-Legged Marching Pose (Left)</b>	<b>0:30</b>
	Rest 10 Seconds	
3	<b>One-Legged Clock with Arms (Right)</b>	<b>1:00</b>
	Rest 10 Seconds	
4	<b>One-Legged Clock with Arms (Left)</b>	<b>1:30</b>
	Rest 10 Seconds	
5	<b>Power Man Vertical Jumps</b>	<b>2:00</b>
	Rest 10 Seconds	
6	<b>180-Degree 2-Foot Jump Turns</b>	<b>2:30</b>
	Rest 10 Seconds	
7	<b>Stationary Skips</b>	<b>3:00</b>
	Rest 10 Seconds	
8	<b>Plank Scarf Tosses</b>	<b>3:30</b>
	Rest 10 Seconds	

TABATA ROUTINE CARD

**Double or Nothing: Routine Card 1**

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

TABATA ROUTINE CARD

**Double or Nothing: Routine Card 2**

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



TABATA ROUTINE CARD

**Double or Nothing:** Routine Card 3

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

TABATA ROUTINE CARD

Double or Nothing: Routine Card 4

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

**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]

## 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>	



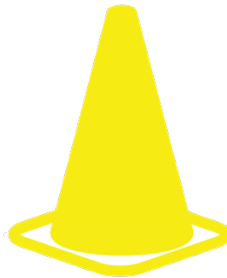



## TABATA ROUTINE CARD

Flip Flop Don't Stop [Routine Card 1]

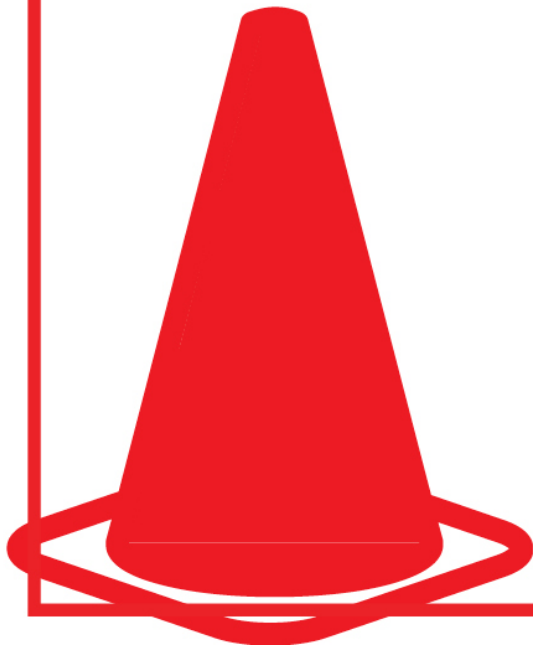
Set #	Partner A then B [Jump Rope]	Interval Start
<b>1&amp;2</b>	<b>Speed Rope</b>	<b>0 &amp; :30</b>
	<b>Rest 10 Seconds</b>	
<b>3&amp;4</b>	<b>Side-to-Side Skier Jumps</b>	<b>1 &amp; 1:30</b>
	<b>Rest 10 Seconds</b>	
<b>5&amp;6</b>	<b>Speed Rope</b>	<b>2 &amp; 2:30</b>
	<b>Rest 10 Seconds</b>	
<b>7&amp;8</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>	

TABATA ROUTINE CARD

<b>SPEED ROPE</b>	<b>UPRIGHT ROWS</b>	<b>HALF-JACK MED-BALL SQUEEZE</b>	<b>KB SQUATS</b>	<b>PLANK ARM RAISES</b>	<b>BASIC CRUNCH</b>
<b>Jump Rope</b>	<b>Resistance Band</b>	<b>Medicine Ball</b>	<b>Kettle Bell</b>	<b>No Equipment</b>	<b>Exercise Ball</b>
					

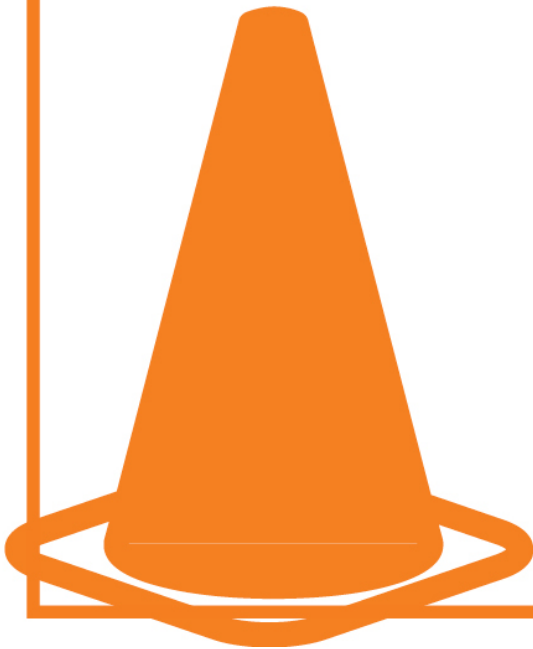
# **SPEED ROPE**



Jump Rope



# UPRIGHT ROWS

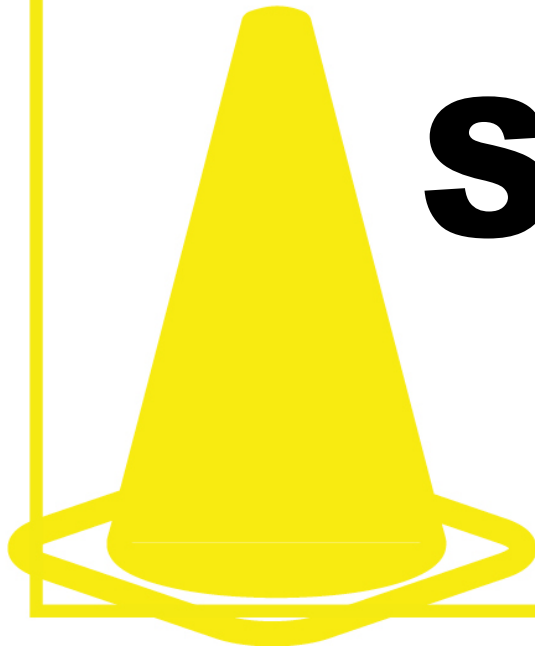


Resistance Band

**HALF-JACK**

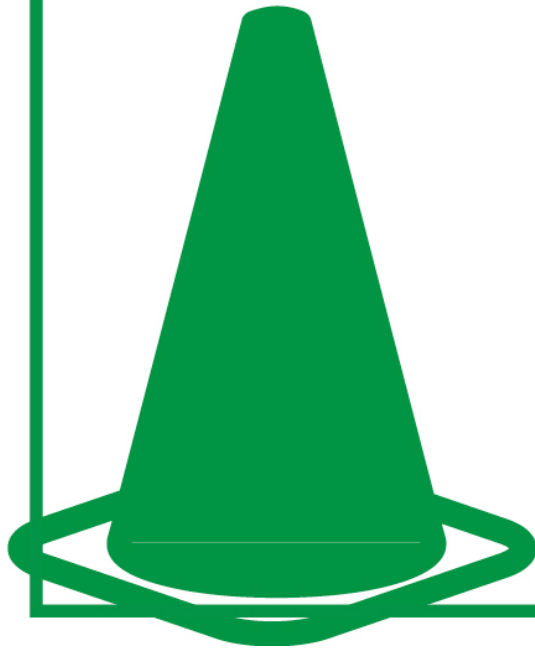
**MED-BALL**

**SQUEEZE**



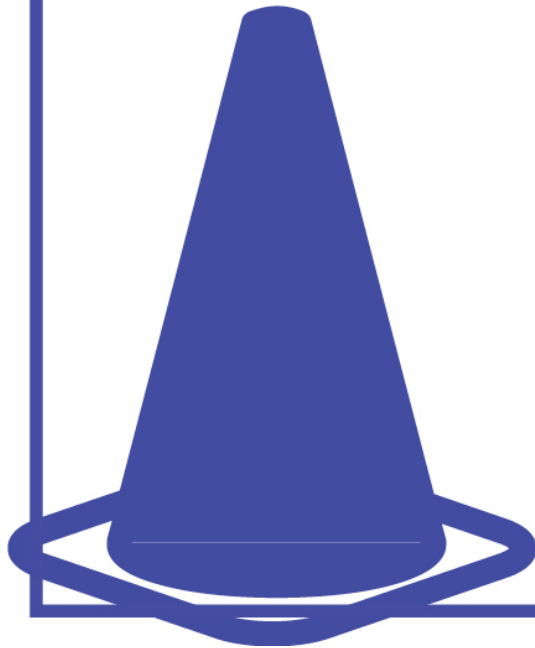
Medicine Ball

# KB SQUATS



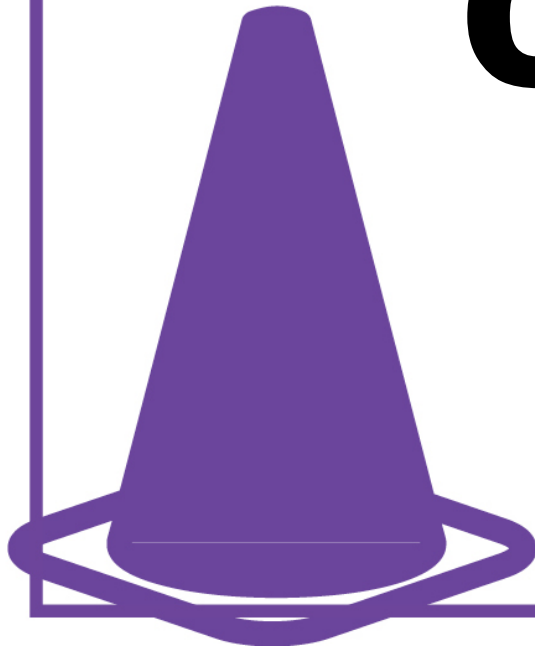
Kettle Bell

# PLANK ARM RAISES



No Equipment

# BASIC CRUNCH



Exercise Ball