

TABATA ROUTINE CARD

Health-Related Fitness Routine Card

Set #	Exercise Name	Interval Start
1	Exercise:	0:00
	Rest 10 Seconds	
2	Exercise:	0:30
	Rest 10 Seconds	
3	Exercise:	1:00
	Rest 10 Seconds	
4	Exercise:	1:30
	Rest 10 Seconds	
5	Exercise:	2:00
	Rest 10 Seconds	
6	Exercise:	2:30
	Rest 10 Seconds	
7	Exercise:	3:00
	Rest 10 Seconds	
8	Exercise:	3:30
	Rest 10 Seconds	

TABATA ROUTINE CARD

Skill-Related Fitness Routine Card

Set #	Exercise Name	Interval Start
1	Exercise:	0:00
	Rest 10 Seconds	
2	Exercise:	0:30
	Rest 10 Seconds	
3	Exercise:	1:00
	Rest 10 Seconds	
4	Exercise:	1:30
	Rest 10 Seconds	
5	Exercise:	2:00
	Rest 10 Seconds	
6	Exercise:	2:30
	Rest 10 Seconds	
7	Exercise:	3:00
	Rest 10 Seconds	
8	Exercise:	3:30
	Rest 10 Seconds	