**Flip Flop Don’t Stop:** Routine Card

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
| **Set #** | **Partner A then B** | **Interval Start** |
| **1&2** | **Exercise:** | **0 & :30** |
|  | **Rest 10 Seconds** |  |
| **3&4** | **Exercise:** | **1 & 1:30** |
|  | **Rest 10 Seconds** |  |
| **5&6** | **Exercise:** | **2 & 2:30** |
|  | **Rest 10 Seconds** |  |
| **7&8** | **Exercise:** | **3 & 3:30** |
|  | **Rest 10 Seconds** |  |
| **9&10** | **Exercise:** | **4 & 4:30** |
|  | **Rest 10 Seconds** |  |
| **11&12** | **Exercise:** | **5 & 5:30** |
|  | **Rest 10 Seconds** |  |
| **13&14** | **Exercise:** | **6 & 6:30** |
|  | **Rest 10 Seconds** |  |
| **15&16** | **Exercise:** | **7 & 7:30** |
|  | **Rest 10 Seconds** |  |

 |

|  |  |  |
| --- | --- | --- |
| **Set #** | **Partner B then A** | **Interval Start** |
| **1&2** | **Exercise:** | **0 & :30** |
|  | **Rest 10 Seconds** |  |
| **3&4** | **Exercise:** | **1 & 1:30** |
|  | **Rest 10 Seconds** |  |
| **5&6** | **Exercise:** | **2 & 2:30** |
|  | **Rest 10 Seconds** |  |
| **7&8** | **Exercise:** | **3 & 3:30** |
|  | **Rest 10 Seconds** |  |
| **9&10** | **Exercise:** | **4 & 4:30** |
|  | **Rest 10 Seconds** |  |
| **11&12** | **Exercise:** | **5 & 5:30** |
|  | **Rest 10 Seconds** |  |
| **13&14** | **Exercise:** | **6 & 6:30** |
|  | **Rest 10 Seconds** |  |
| **15&16** | **Exercise:** | **7 & 7:30** |
|  | **Rest 10 Seconds** |  |

 |