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

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| |  |  |  | | --- | --- | --- | | **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** |  | |