

TABATA ROUTINE CARD

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	