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 **Self-Passing Routine Card**

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| **Set #** | **Exercise Name** | **Interval Start** |
| **1** | **Below-Chest Self Passes (Right Hand Only)** | **0:00** |
|  | **Rest 10 Seconds** |  |
| **2** | **Plank Ball Taps** | **0:30** |
|  | **Rest 10 Seconds** |  |
| **3** | **Below-Chest Self Passes (Left Hand Only)** | **1:00** |
|  | **Rest 10 Seconds** |  |
| **4** | **Half-Jacks** | **1:30** |
|  | **Rest 10 Seconds** |  |
| **5** | **Below-Chest Self Passes (Alternate Hands)** | **2:00** |
|  | **Rest 10 Seconds** |  |
| **6** | **Plank Ball Taps** | **2:30** |
|  | **Rest 10 Seconds** |  |
| **7** | **Above-Chest Self Passes (Either Hand)** | **3:00** |
|  | **Rest 10 Seconds** |  |
| **8** | **Half-Jacks** | **3:30** |
|  | **Rest 10 Seconds** |  |

**

Partner-Passing Routine Card**

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| **Set #** | **Exercise Name** | **Interval Start** |
| **1** | **Below-Chest Partner Passes (Right Hand Only)** | **0:00** |
|  | **Rest 10 Seconds** |  |
| **2** | **Below-Chest Partner Passes (Right Hand Only)** | **0:30** |
|  | **Rest 10 Seconds** |  |
| **3** | **Below-Chest Partner Passes (Left Hand Only)** | **1:00** |
|  | **Rest 10 Seconds** |  |
| **4** | **Below-Chest Partner Passes (Left Hand Only)** | **1:30** |
|  | **Rest 10 Seconds** |  |
| **5** | **Below-Chest Partner Pass to Above-Chest Return Pass** | **2:00** |
|  | **Rest 10 Seconds** |  |
| **6** | **Below-Chest Partner Pass to Above-Chest Return Pass** | **2:30** |
|  | **Rest 10 Seconds** |  |
| **7** | **Any Pass, Any Hand (Set High Score)** | **3:00** |
|  | **Rest 10 Seconds** |  |
| **8** | **Any Pass, Any Hand (Beat High Score)** | **3:30** |
|  | **Rest 10 Seconds** |  |

**

Rally Time Routine Card**

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| **Set #** | **Exercise Name** | **Interval Start** |
| **1** | **Rally Time Work** | **0:00** |
|  | **Rest 10 Seconds** |  |
| **2** | **Speed Rope** | **0:30** |
|  | **Rest 10 Seconds** |  |
| **3** | **Rally Time Work** | **1:00** |
|  | **Rest 10 Seconds** |  |
| **4** | **Speed Rope** | **1:30** |
|  | **Rest 10 Seconds** |  |
| **5** | **Rally Time Work** | **2:00** |
|  | **Rest 10 Seconds** |  |
| **6** | **Speed Rope** | **2:30** |
|  | **Rest 10 Seconds** |  |
| **7** | **Rally Time Work** | **3:00** |
|  | **Rest 10 Seconds** |  |
| **8** | **Speed Rope** | **3:30** |
|  | **Rest 10 Seconds** |  |