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

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