

ROUNDNET ROUTINE CARD

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	

ROUNDNET ROUTINE CARD

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	