

**ROUNDNET ROUTINE CARD**

**Self-Passing Routine Card**

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