**4-Minute Tabata Station 1: Volleyball Skills**

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| **Set #** | **Exercise Name** | **Interval Start** | **Interval End** |
| **1** | **Exercise: Rotation Drills** | **0:00** | **0:20** |
|  | **Rest 10 Seconds** | **REST** | |
| **2** | **Exercise: Spike** | **0:30** | **0:50** |
|  | **Rest 10 Seconds** | **REST** | |
| **3** | **Exercise: Step & Block** | **1:00** | **1:20** |
|  | **Rest 10 Seconds** | **REST** | |
| **4** | **Exercise: Overhand Serve** | **1:30** | **1:50** |
|  | **Rest 10 Seconds** | **REST** | |
| **5** | **Exercise: Rotation Drills** | **2:00** | **2:20** |
|  | **Rest 10 Seconds** | **REST** | |
| **6** | **Exercise: Spike** | **2:30** | **2:50** |
|  | **Rest 10 Seconds** | **REST** | |
| **7** | **Exercise: Step & Block** | **3:00** | **3:20** |
|  | **Rest 10 Seconds** | **REST** | |
| **8** | **Exercise: Overhand Serve** | **3:30** | **3:50** |
|  | **Rest 10 Seconds** | **REST** | |

**4-Minute Tabata Station 2: Aerobic Capacity**

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| **Set #** | **Exercise Name** | **Interval Start** | **Interval End** |
| **1** | **Exercise: Burpees** | **0:00** | **0:20** |
|  | **Rest 10 Seconds** | **REST** | |
| **2** | **Exercise: Mountain Climbers** | **0:30** | **0:50** |
|  | **Rest 10 Seconds** | **REST** | |
| **3** | **Exercise: Jumping Jacks** | **1:00** | **1:20** |
|  | **Rest 10 Seconds** | **REST** | |
| **4** | **Exercise: Jogging in Place with High Knees** | **1:30** | **1:50** |
|  | **Rest 10 Seconds** | **REST** | |
| **5** | **Exercise: Burpees** | **2:00** | **2:20** |
|  | **Rest 10 Seconds** | **REST** | |
| **6** | **Exercise: Mountain Climbers** | **2:30** | **2:50** |
|  | **Rest 10 Seconds** | **REST** | |
| **7** | **Exercise: Jumping Jacks** | **3:00** | **3:20** |
|  | **Rest 10 Seconds** | **REST** | |
| **8** | **Exercise: Jogging in Place with High Knees** | **3:30** | **3:50** |
|  | **Rest 10 Seconds** | **REST** | |

**4-Minute Tabata Station 3: Volleyball Skills**

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| **Set #** | **Exercise Name** | **Interval Start** | **Interval End** |
| **1** | **Exercise: Set Against the Wall** | **0:00** | **0:20** |
|  | **Rest 10 Seconds** | **REST** | |
| **2** | **Exercise: Partner Dig** | **0:30** | **0:50** |
|  | **Rest 10 Seconds** | **REST** | |
| **3** | **Exercise: Partner Bump** | **1:00** | **1:20** |
|  | **Rest 10 Seconds** | **REST** | |
| **4** | **Exercise: Sit Up & Set** | **1:30** | **1:50** |
|  | **Rest 10 Seconds** | **REST** | |
| **5** | **Exercise: Set Against the Wall** | **2:00** | **2:20** |
|  | **Rest 10 Seconds** | **REST** | |
| **6** | **Exercise: Partner Dig** | **2:30** | **2:50** |
|  | **Rest 10 Seconds** | **REST** | |
| **7** | **Exercise: Partner Bump** | **3:00** | **3:20** |
|  | **Rest 10 Seconds** | **REST** | |
| **8** | **Exercise: Sit Up & Set** | **3:30** | **3:50** |
|  | **Rest 10 Seconds** | **REST** | |

**4-Minute Tabata Station 4: Aerobic Capacity**

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| **Set #** | **Exercise Name** | **Interval Start** | **Interval End** |
| **1** | **Exercise: Alternating Lunges** | **0:00** | **0:20** |
|  | **Rest 10 Seconds** | **REST** | |
| **2** | **Exercise: Jogging in Place** | **0:30** | **0:50** |
|  | **Rest 10 Seconds** | **REST** | |
| **3** | **Exercise: Squat Jumps** | **1:00** | **1:20** |
|  | **Rest 10 Seconds** | **REST** | |
| **4** | **Exercise: Invisible Jump Rope** | **1:30** | **1:50** |
|  | **Rest 10 Seconds** | **REST** | |
| **5** | **Exercise: Alternating Lunges** | **2:00** | **2:20** |
|  | **Rest 10 Seconds** | **REST** | |
| **6** | **Exercise: Jogging in Place** | **2:30** | **2:50** |
|  | **Rest 10 Seconds** | **REST** | |
| **7** | **Exercise: Squat Jumps** | **3:00** | **3:20** |
|  | **Rest 10 Seconds** | **REST** | |
| **8** | **Exercise: Invisible Jump Rope** | **3:30** | **3:50** |
|  | **Rest 10 Seconds** | **REST** | |