



4-Minute Tabata Station 1: Volleyball Skills

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

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

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

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	