

YOUTUBE *RECORD* 6am-8am (30sec rests)

Set Your Tabatta Timer to: 30sec, 4min, 30sec, 7min (10 cycles)

Attendance: 3 points, 2 points if after 6am, 1 point if less than complete

1st Person	2nd Person
Jump Rope (4min)	Ambi Form Shots (4min)
Mikans (7min)	Wrist Rollers (7min)
Ambi Form Shots (4min)	Jump Rope (4min)
Floaters (7min)	Floaters (7min)
Bed Shots (4min)	Epic Drill (4min)
Wraps (7min)	Wraps (7min)
Epic Drill (4min)	Bed Shots (4min)
Curl J Series - Shot (7min)	Curl J Series - Shot (7min)
Ball Handling (4min)	Swoop Layups (4min)
Wrist Rollers (7min)	Mikans (7min)
Swoop Layups (4min)	Ball Handling (4min)
Curl J Series - Dribble (7min)	Curl J Series - Dribble (7min)
Nash Drill (4min)	Extended Layup (4min)
Euro Steps (7min)	Euro Steps (7min)
Extended Layup (4min)	Nash Drill (4min)
Curl J Series - Stepback (7min)	Curl J Series - Stepback (7min)
Push-ups (4min)	Extended Manu (4min)
Free Throws (7min)	Free Throws (7min)
Extended Manu (4min)	Push-ups (4min)
3's (7min)	3's (7min)

STEPS:

Download a Tabatta Timer that can run in the background. \$5 or less.

Set the timer to 4 intervals of 30s,4m,30s,7m and set the cycles to 10

Print out this page so you have a reference throughout the workout

Start the timer at 6am, and open YouTube on your phone to press RECORD

Do the entire workout, and then press NEXT then UPLOAD

Add your video to our YouTube playlist: www.limitlesshoops.com