

FLIP A COIN WORKOUT

Directions: Grab a coin and flip it to see if it lands on heads or tails. Complete the exercise that matches your coin flip. Complete 10 rounds.

	HEADS	TAILS
1st Flip	15 jump squats	25 toe raises
2nd Flip	60 second jog in place	25 jumping jacks
3rd Flip	20 should taps (push up position)	10 push ups
4th Flip	20 jumping jacks	45 seconds jog in place
5th Flip	40 high knees	40 butt kickers
6th Flip	20 sit ups	40 mountain climbers
7th Flip	20 lunges	10 jump squats
8th Flip	30 seconds wall sit	15 squats
9th Flip	20 line jumps (jump over line side to side)	20 line jumps (jump over line forward – backward)
10th Flip	10 push ups	30 seconds plank

