



HEADS OR TAILS FITNESS

Flip a coin. Do the exercise that corresponds to the winning side.

Do all 10 flips and repeat 2-3 times

Flip Number	Heads 	Tails 
1	20 squats	15 push ups
2	25 jumping jacks	25 curl cups
3	10 lunges	20 jumps side to side
4	25 basketball shooting jumps	hold a boat pose for 30 seconds
5	1 minute plank	three standing long jumps
6	Balance on one foot for 25 seconds	Hop on one foot the length of your living room
7	Do the sit and reach test with both legs for 10 seconds each leg	Do 15 frog jumps
8	10 mountain climbers	30 arm circles forward and 30 backward
9	25 high knees in place	Jog in place for a count of 25
10	25 switch feet jumps	Superman on your belly count to 25