

Flip A COIN

Flip a coin. Whichever side it lands on will tell you which exercise to do!



Workout

Round: **HEADS:**

TAILS:

1 15 jumping jacks

2 10 star jumps

3 10 lunges

4 15 curl ups

5 30 sec run in place

6 15 tricep push ups

7 15 calf raises

8 20 high knees

9 10 push ups

10 10 burpees

30 sec plank

10 push ups

15 high knees

15 half jacks

15 squats

20 skater jumps

15 russian twists

15 lunges

10 high jumps

10 star jumps

