

# Heads or Tails Fitness

FLIP A COIN AND DO THE EXERCISE THAT IT LANDS ON!!



HEADS



TAILS

1st Flip -	15 Squats	15 Mountain Climbers
2nd Flip -	10 Push ups	10 Sit ups
3rd Flip -	30 sec Sit n Reach	30 sec Toe Touch
4th Flip -	5 Burpees	5 Star Jumps
5th Flip -	30 sec Run in Place	30 sec Line Jumps
6th Flip -	30 sec Plank	ABC Push ups
7th Flip -	20 Jumping Jacks	20 Lunges
8th Flip -	30 sec Line Jumps	30 sec High Knees
9th Flip -	25 Jumping Jacks	5 Jumping Jacks
10th Flip -	5 Burpees	25 Burpees

