

FLIP A COIN WORKOUT

DIRECTIONS: HIGHLIGHT OR CIRCLE THE EXERCISE YOU COMPLETED.

HEADS

TAILS

1.	10 LUNGES	OR	15 SQUATS
2.	WALL-SIT (45 SEC.)	OR	20 JUMPING JACKS
3.	PLANK (30 SEC.)	OR	20 CRUNCHES
4.	10 PUSH-UPS	OR	8 BURPEES
5.	JOG IN PLACE (45 SEC.)	OR	INVISIBLE JUMP ROPE (30 SEC.)
6.	BUTT KICKS (30 SEC.)	OR	HIGH KNEES (30 SEC.)
7.	BEAR CRAWL (30 SEC.)	OR	CRAB CRAWL (30 SEC.)
8.	MOUNTAIN CLIMBERS (30 SEC.)	OR	LINE JUMPS (45 SEC.)

REPEAT → 2 ROUNDS