

FLIP A COIN WORKOUT



	<u>Heads:</u>	<u>Tails:</u>
1 st Time	20 second wall sit	20 bicycles
2 nd Time	10 hops on each foot	10 lunges
3 rd Time	20 mountain climbers	10 snow angels
4 th Time	20 crunches	20 shoulder taps
5 th Time	10 star jumps	20 grasshoppers
6 th Time	10 second balance left foot	20 second Superman
7 th Time	10 jumps side-to-side	10 pushups
8 th Time	10 up-and-down planks	10 heel slaps
9 th Time	20 Russian twists	10 windmills



Next time, create your own Flip a Coin Workout!!