



Coin Flip Workout!

Hey You! Grab a coin, give it a flip, perform the exercise! If you aren't sure of the exercise, click on it to be taken to a video demo. Each flip of the coin is one round. Let's GO!

	Heads	Tails
Round 1 (Cardio)	60 sec Jog in place	25 Jumping Jacks
Round 2 (Lower Body)	15 Squats	25 Calf Raises
Round 3 (Upper Body)	20 Kneeling Push Ups	10 Regular Push Ups
Round 4 (Cardio)	30 Mountain Climbers	20 High Knees
Round 5 (Core)	40 Flutter Kicks	20 Sit Ups
Round 6 (Upper Body)	20 Tricep Dips	40 Punches
Round 7 (Cardio)	12 Burpees	15 Scissor Lunges
Round 8 (Core)	60 sec plank	15 V-Sit
Round 9 (Lower Body)	20 Lunges	15 Squat Jumps
Round 10 (Cardio)	30 Butt Kickers	20 Speed Skaters