

FLIP A COIN FITNESS

HEADS

TAILS

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|-----|-----------------|-------|-------------------|
| 1. | RUN ON THE SPOT | ----- | JUMP SIDE TO SIDE |
| 2. | V-SIT CRUNCHES | ----- | MOUNTAIN CLIMBERS |
| 3. | HIGH KNEES | ----- | HOP ON EACH FOOT |
| 4. | FRONT KICKS | ----- | SIDE KICKS |
| 5. | JUMPING JACKS | ----- | SCISSOR JUMPS |
| 6. | REACH & SQUAT | ----- | SIDE LUNGE |
| 7. | WINDMILL | ----- | BIRD DOGS |
| 8. | SUPERMANS | ----- | BANANAS |
| 9. | FORWARD PUNCH | ----- | SIDE BENDS |
| 10. | FRONT PLANK | ----- | REVERSE PLANK |