

**Coin Flip Fitness**

 **Heads Tails**

**Flip # 1 Push-ups Burpees**

 **(5-10) (5-10)**

**Flip # 2 Sit-ups Body Planks**

 **(5-10) (2 x 30 secs)**

**Flip # 3 Jumping Jacks Body Squats**

 **(15-20) (10-15)**

**Flip # 4 Side Planks Running in place**

 **(30 secs each side) (30 secs)**

**Flip # 5 One foot stance Single Leg Lunge**

 **(30 secs each foot) (5 each leg – 10 total)**