

**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)**