

**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)**



GLS Wellness Stretching Routine

**\*\*\* Please hold each stretch for 10 seconds**

* **Point your toes**
* **Pull them back**
* **Chin to the knee (right & left)**
* **Quad stretch (right & left)**
* **Back stretch (right & left)**
* **Crunches (15)**
* **Push-ups (10)**
* **Shoulders**
* **Hand behind your head (right & left)**



Alphabet Fitness

**Beginner: Try to complete spelling your first OR last name.**

**Average: Try to complete spelling the day of the week.**

**Advanced: Try to complete spelling your first AND last name for time!**

**A = 50 Jumping Jacks N = 25 Burpees**

**B = 20 Crunches O = 40 Jumping Jacks**

**C = 30 Squats P = 15 Arm Circles**

**D = 15 Push-ups Q = 30 Crunches**

**E = 1 minute Wall Sit R = 15 Push-ups**

**F = 10 Burpees S = 30 Burpees**

**G = 20 Arm Circles T = 15 Squats**

**H = 20 Squats U = 30 Arm Circles**

**I = 30 Jumping Jacks V = 3 minute Wall Sit**

**J = 15 Crunches W = 20 Burpees**

**K = 10 Push-ups X = 60 Jumping Jacks**

**L = 2 minuet Wall Sit Y = 10 Crunches**

**M = 20 Burpees Z = 20 Push-ups**

**Keep a journal of your times and email to your Wellness Instructor in May.**



Alphabet Fitness Journal Name Date