Flip a Coin Workout

Flip Your Coin

HEADS

15 Jump Squats

TAILS

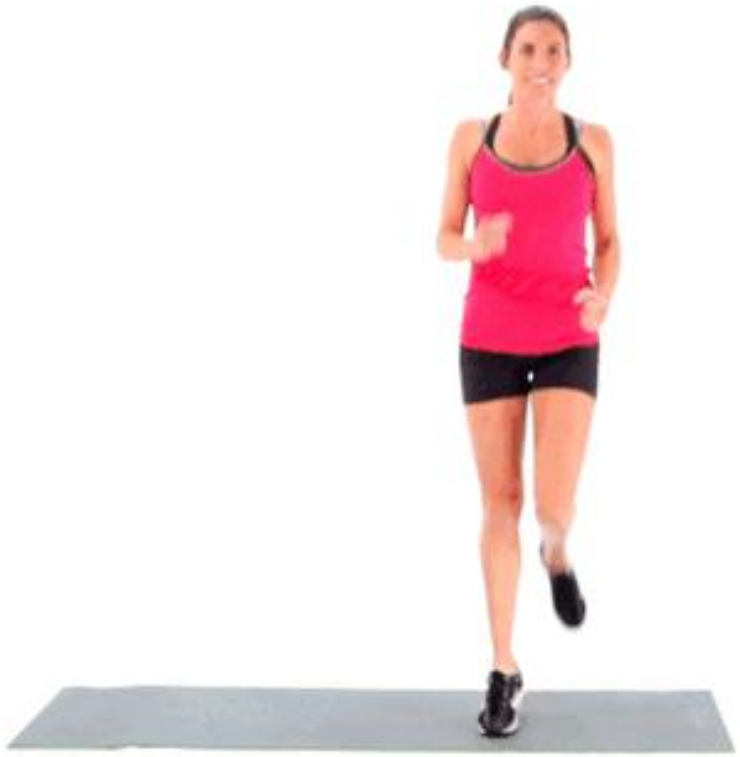
30 Calf Raises

Flip Your Coin

HEADS

TAILS

Jog in Place 30 sec



20 Jumping Jacks

Flip Your Coin

HEADS

15 Up Down Push-ups

TAILS

Hold Push-Ups

Flip Your Coin

HEADS

20 Flutter Kicks

TAILS

20 Climbers

Flip Your Coin

HEADS

25 Knee Highs

TAILS

25 Squats

Flip Your Coin

HEADS

25 Crunches

TAILS

25 Bicycle Crunches

Flip Your Coin

HEADS

25 Back Lunges

TAILS

25 Front Lunges

Flip Your Coin

HEADS

15 Burpees

TAILS

25 Cross Jacks

Flip Your Coin

HEADS

15 Side Hops

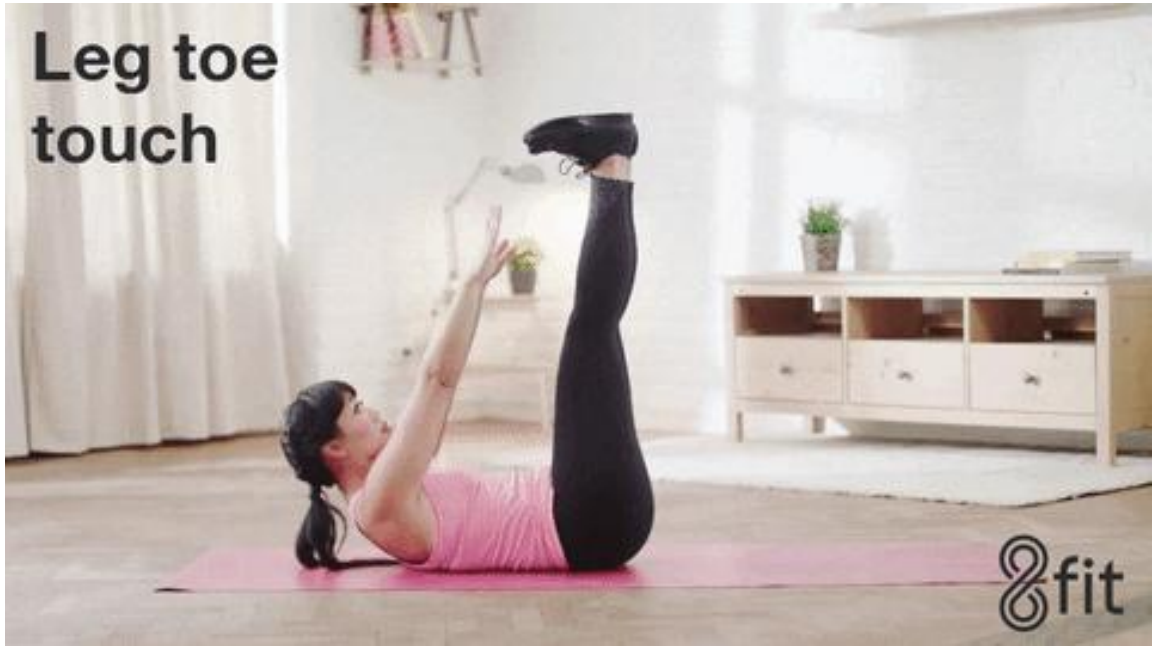
TAILS

15 Side Shuffles with Touchdown

Flip Your Coin

HEADS

15 Leg Toe Touches



TAILS

20 Leg Raise Crunch