

Flip a Coin



Workout



Directions: Flip a coin to determine your exercise for each round. Complete the assigned exercise. Do 3 rounds, 40 minutes max.

[Link to coin](#)

Heads

Tails

Round #1 →	15 jump squats	25 calf raises
Round #2 →	1 min high knees	25 Jumping Jacks
Round #3 →	20 kneeling push-ups	10 push-ups
Round #4 →	20 jumping jacks	1 min butt kicks
Round #5 →	40 steps run in place	20 streamline jumps
Round #6 →	20 crunches	20 streamline sit-ups
Round #7 →	10 push-ups	20 kneeling push-ups
Round #8 →	1 min jump rope	25 Jumping Jacks
Round #9 →	25 mountain climber	:30 wall sit