

# 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 timer](#)

[Link to coin](#)

## Heads

## Tails

<b>Round #1</b> →	15 jump squats	25 calf raises
<b>Round #2</b> →	1 min high knees	25 Jumping Jacks
<b>Round #3</b> →	20 kneeling push-ups	10 push-ups
<b>Round #4</b> →	20 jumping jacks	1 min butt kicks
<b>Round #5</b> →	40 cross jacks	20 star jumps
<b>Round #6</b> →	30 crunches	20 streamline sit-ups
<b>Round #7</b> →	10 push-ups	20 kneeling push-ups
<b>Round #8</b> →	1 min jump rope	25 Jumping Jacks
<b>Round #9</b> →	50 crunches	20 sit-ups