Home Workout 4/21/20

**Warm up:**

2 Rounds  
2:00 Jump rope or Jog

5 [walkouts](https://www.youtube.com/watch?v=R6SMJ-TzgZo&t=13s)

10 Push ups – knees or wall

1:00 Jumping jacks

**Workout:**

**Flip a Coin** 30-40 mins continuous, no rest between flips, 1:00 rest between rounds

**Heads**  **Tails**

Flip #1 15 Squats 20 Toe touches

Flip #2 1:00 High knees 10 Push ups

Flip #3 20 Jumping jacks 1:00 Plank on elbows

Flip #4 10 Burpees 10 Tricep Pushups

Flip #5 1:00 Jump rope 1:00 High plank

Flip #6 10 Split Jumps 10 Walking lunges

Flip #7 10 Squat Jumps :45 Wall sit

Flip #8 :30 Side plank each side 20 Reverse lunges

Flip #9 :30 [one leg glute bridges](https://www.youtube.com/watch?v=fDxl-0uZMJo)- hold each leg :30 sec

1:00 Rest

**Warm Down:**

5 min walk/jog

Stretch