



FLIP IT FITNESS



IS IT HEADS OR TAILS?!

FLIP NUMBER	HEADS	TAILS
FLIP 1	10 JUMPING JACKS	20 HIGH KNEES IN PLACE
FLIP 2	5 PUSH-UPS	10 SHOULDER TOUCHES
FLIP 3	5 CURL-UPS	5 SIT-UPS
FLIP 4	10 SECS. PLANK HOLD	10 SECS. PUSH-UP HOLD
FLIP 5	10 SECS. PIKE STRETCH	10 SECS. BUTTERFLY
FLIP 6	10 SECS. JOG IN PLACE	10 SIDE TO SIDE JUMPS
FLIP 7	5 SQUATS	6 LUNGES
FLIP 8	5 CRUNCHES	5 V-UPS
FLIP 9	10 SECS. SQUAT HOLD	10 SECS. LUNGE HOLD
FLIP 10	5 BURPEES	10 DEEP BREATHS



ULTIMATE CHALLENGE

GO THROUGH AND DO THE 10 FLIPS AGAIN. BEFORE YOU FLIP YOUR COIN, GUESS IF IT WILL BE HEADS OR TAILS. IF YOU GUESS CORRECTLY YOU DO NOT NEED TO DO THE EXERCISE. IF YOU GUESS INCORRECTLY, COMPLETE THE EXERCISE BEFORE YOU MOVE ONTO THE NEXT FLIP!