

COIN TOSS

family workout edition

HEADS

- 1 12 Lunges
- 2 20 Jumping Jacks
- 3 10 Crunches
- 4 Crab Walk 30 seconds
- 5 10 Squats
- 6 Grape Vine 30 Seconds
- 7 10 Push Ups
- 8 20 Bicycle Crunches

TAILS

- 12 Jump Squats
- 20 High Knees
- 10 Russian Twists
- Frog Jump 30 seconds
- 10 Burpees
- Run on the Spot 30 Seconds
- Arm Circles 30 Seconds
- Plank 45 Seconds

flip a coin and do each round from 1-8 as many times as you like!