

Flip a Coin Workout



#TCTSTRONG	HEADS	TAILS
ROUND 1	20 LUNGES	25 CALF RAISES
ROUND 2	25 JUMPING JACKS	1 MIN. JOG IN PLACE
ROUND 3	10 PUSHUPS	30SEC. WALL HANDSTAND
ROUND 4	20 SIT UPS	15 V-UPS
ROUND 5	10 BURPEES	30 MOUNTAIN CLIMBERS
ROUND 6	20 TRICEP DIPS	10 TRICEP PUSHUPS
ROUND 7	30 SEC. PLANK	30 CRUNCHES

JOURNAL: How long did this take you? How many times did you do it?! Was it fun?!

Or DRAW a picture!