

Coin Flip Fitness

Instructions

- Both people will need a shared object to flip, with a distinct “top” (heads) and “bottom” (tails). A coin works perfectly for this activity, but if you don’t have a coin you can use:
 - Crushed water can, small plastic container, paper cup, etc. Be creative!
 - Make sure you name a “heads” and “tails” side of your object.
- To begin the game, 1 person holds the object in their palm and toss it into the air. The toss should be CONTROLLED and SAFE.
 - Look around you to make sure there is adequate space to toss.
 - Check with your partner to make sure they are ready for the toss.
 - Gently toss the object, it should stay below your shoulder when you toss.
- Depending on how the tossed object lands (heads or tails). Complete the specified exercise with your partner.
- The round number tells you how many repetitions to complete for each exercise.
- For the next round, trade roles for who tosses the object.

Modifications

Less Challenging









- Complete less total rounds
- Reduce the repetitions if needed
- Modify or change the exercise to fit your needs




More Challenging

- For each round, complete your age for the repetitions for each exercise
- Increase the repetitions for each round by multiplying by a whole number (2, 3, etc.)

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Instructions: Find a partner. Flip the coin.
Complete the exercise together. Complete as many rounds as possible.

Round	Heads	Tails
1	<p>Push-ups</p>  <p><i>Complete 1 push-up</i></p>	<p>Burpees</p>  <p><i>Complete 1 burpee</i></p>
2	<p>Squats</p>  <p><i>Complete 2 squats</i></p>	<p>Side lunges</p>  <p><i>Complete 2 side lunges on each leg</i></p>
3	<p>Downward Dog</p>  <p><i>Complete 3 counts of downward dog</i></p>	<p>Warrior 1</p>  <p><i>Complete 3 counts of Warrior 1</i></p>
4	<p>Mountain climber knee taps</p>  <p><i>Complete 4 mountain climber knee taps</i></p>	<p>Plank shoulder taps</p>  <p><i>Complete 4 plank shoulder taps</i></p>

<p>5</p>	<p>Jumping jacks</p>  <p>Complete 5 jumping jacks</p>	<p>Skiers</p>  <p>Complete 5 skiers</p>
<p>6</p>	<p>Dead bug toe touches</p>  <p>Complete 6 dead bug toe touches</p>	<p>Dead bugs</p>  <p>Complete 6 dead bugs</p>
<p>7</p>	<p>Chair pose</p>  <p>Complete 7 counts of chair pose</p>	<p>Wall-sit</p>  <p>Complete 7 counts of wall-sit</p>
<p>8</p>	<p>Bridge</p>  <p>Complete 8 bridges</p>	<p>Drinking bird</p>  <p>Complete 8 drinking birds</p>
<p>9</p>	<p>Plank</p>  <p>Complete 9 counts of plank</p>	<p>Plank arm & leg lift</p>  <p>Complete 9 arm & leg lifts</p>
<p>10</p>	<p>Side plank star</p>  <p>Complete 10 counts of side plank star, each side</p>	<p>Side plank elbow & knee touches</p>  <p>Complete 10 side plank elbow & knee touches</p>