

# FLIP A COIN

## WORKOUT CHALLENGE

### HEADS

**Squats**

**Squat with a Toe Tap**

**Reverse Lunge**

**Butt Kicks**

**Slow Motion Squat**

**High Knees**

**Lateral Skiers**

**Squat and Cross Reach**

**Seal Jack**

**Squat Pulses**

### TAILS

**Sumo Squats**

**Reverse Lunge Toe Taps**

**Front Lunges**

**Jumping Jacks**

**Slow Motion Wide Squat**

**Invisible Jump Rope**

**Scissor Feet**

**Lateral Lunge & Touch**

**Arm Raise Jumping Jack**

**Sumo Squat Pulses**

Flip a coin each round to determine your workout. Complete each exercise for 30 seconds with a 15 second rest in between!