

FLIP THAT COIN



Directions:

- Get a coin (anything that has 2 different sides)
- Find a safe space to complete exercises
- Flip the coin and complete the corresponding exercise
- Continue flipping the coin and completing the exercises (12 times total)

Equipment: coin, ball or bean bag, goal or bucket/basket, jump rope

Flip	HEADS
1	25 Starfish Jumps
2	2 minute Run
3	Dribble & Shoot x 10
4	15 Sit Ups
5	2 minute Jump Rope
6	15 Push Ups
7	45 Mountain Climbers
8	15 Squats
9	1 minute Dance Party
10	Toss & Catch x 20
11	30 Spider Crawls
12	10 Hops on each foot

Flip	TAILS
1	25 Squats
2	15 Push Ups
3	Toss & Catch x 10
4	3 minute Run
5	15 Sit Ups
6	10 Hops on each foot
7	30 Jumping Jacks
8	1 minute Jump Rope
9	1 minute Plank
10	Dribble & Shoot x 15
11	30 Crab Walks
12	30 Mountain Climbers

How many times did your coin land on heads? _____ Tails? _____

Which exercise was your favorite? _____ Do it one more time to make Coach proud ☺

What exercises used your quadriceps the most? _____ Which one used your biceps? _____