

Heads or Tails?

Find a coin in your house and flip the coin 8 times. Each time you flip the coin, check if it is heads or tails and do the matching exercise. For each exercise you can choose to do excellent level (10 reps) or expert level (15 reps).

	Heads	Tails
1st flip	Run on the spot	Jump
2nd flip	Skip	Jumping Jacks
3rd flip	Star jumps	Tuck jumps
4th flip	Running high knees	Running heel flicks
5th flip	Jump touch the floor	Hop
6th flip	Running heel flicks	Running on the spot
7th flip	Star jumps	Hop
8th flip	Tuck jumps	Running heel flicks

