<table>
<thead>
<tr>
<th>Round</th>
<th>HEADS</th>
<th>TAILS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Bicep Curls (15)</td>
<td>Giant Arm Circles out front (15)</td>
</tr>
<tr>
<td>2</td>
<td>Twists (10)</td>
<td>I-Y-T (10)</td>
</tr>
<tr>
<td>3</td>
<td>Chair Raises (10)</td>
<td>Skier Arms (20)</td>
</tr>
<tr>
<td></td>
<td>Pushups (10)</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Boxing Punches (20)</td>
<td>Plank (30 secs)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hold Chair Raise (30 secs)</td>
</tr>
<tr>
<td>5</td>
<td>Partner or wall press (30 secs)</td>
<td>Windmills (15)</td>
</tr>
<tr>
<td>6</td>
<td>Toe Touches (15)</td>
<td>Ear taps with opposite arm (15)</td>
</tr>
<tr>
<td>7</td>
<td>Jumping Jacks (20)</td>
<td>Arm Circles palms up (20)</td>
</tr>
<tr>
<td></td>
<td>Jumping Jack Arms (20)</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Overhead Raise (10)</td>
<td>Elbow to Knees (15)</td>
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<td></td>
<td></td>
<td>Back Pocket Kickers (10)</td>
</tr>
<tr>
<td>9</td>
<td>Jump Rope Arms (30 secs)</td>
<td>Side Leans, bring arm over (10)</td>
</tr>
<tr>
<td></td>
<td>Jog in Place (30 secs)</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Chest Press (10)</td>
<td>Swimmer Arms Freestyle (20)</td>
</tr>
</tbody>
</table>