

Flip a Coin Fitness Exercises

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