

Heads or Tails 5 a day

Flip a coin and complete the activity your coin landed on. Complete 5 activities a day.



Heads



Tails

| | | |
|----------|----------------------|-----------------|
| 1 | 20 crunches | 20 Lunges |
| 2 | 20 Squats | 20 Wall sits |
| 3 | 20 Mountain Climbers | 10 Push ups |
| 4 | 30 Bicycle kicks | 45 Second Plank |
| 5 | 10 Burpees | 20 Crunches |