

# Fitness

## Flip a Coin Challenge



**Objective:**  
To complete upper and lower body exercise, all determined by the flip of a coin

**How It Works:**  
Flip a coin and whichever side it lands on determines which exercise you will do.  
Head = Upper Body  
Tails = Lower Body  
Do not flip the coin again until you have completed the exercise.  
Each exercise should be 30 seconds long and you can decide your rest period between exercises.

**GOLD**  
3 complete circuits (27 Flips)

**Bronze**  
1 complete circuit (9 Flips)

**Silver**  
2 complete circuits (18 Flips)

Flip	Heads	Tails
1	Plank	Star Jump
2	Tricep Dips	Squats
3	Sit Up	Burpees
4	Press Ups	Calf Raises
5	Ab Crunch	Mountain Climbers
6	Side Plank	Hip Bridge Hold
7	V Sit Hold	High Knees
8	Jabs	Wall Sit
9	Shadow Boxing	Heel Flicks