Flip a coin. Whatever it lands on, do that exercise. Have fun getting a quick work out in.

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|  | **Heads** | **Tails** |
| Round 1 (Cardio) | 60 sec jog in place | 25 Jumping Jacks |
| Round 2 (Lower Body) | 15 Squats | 25 Calf Raises |
| Round 3 (Upper Body) | 20 Kneeling Push Ups | 10 Regular Push Ups |
| Round 4 (Cardio) | 30 Mountain Climbers | 20 High Knees |
| Round 5 (Core) | 40 Flutter Kicks | 20 Sit Ups |
| Round 6 (Upper Body) | 20 Tricep Dips | 40 Punches |
| Round 7 (Cardio) | 12 Burpees | 15 Jumping Lunges |
| Round 8 (Core) | 60 sec plank | 15 V-Sit Ups |
| Round 9 (Lower Body) | 20 Forward Lunges | 15 Donkey Kicks |
| Round 10 (Cardio) | 30 Butt Kicks | 20 Skaters |