



# Flip a Coin Fitness!



WITH SPORT PERFORMANCE  
COACH DEANNA WELLS

\*AMRAP in 30 minutes

\*1 minute rest

between rounds

**FLIP A COIN**

**HEADS**

- 5 Burpees
- 5 Walkouts
- 10 Bench Dips
- 20 Jumping Jacks
- 20 Skater Jumps

**TAILS**

- 10 Froggers
- 10 Pushups
- 5 per side Reverse lunge/ squat
- 20 Mountain Climbers
- 10 Touch Down Squat Jumps

**CORE WORKOUT**

\*1 time through pyramid

- Crunches
- Russian Twists
- Butt Lifts

