FLIP A COIN WORKOUT

@workouts_daily

	Heads:	Tails:
1st time	15 jump squats	25 calf raises
2nd time	:60 jog in place	25 jumping jacks
3rd time	20 kneeling pushups	10 pushups
4th time	20 jumping jacks	:50 jog in place
5th time	40 high knees	40 jumping jacks
6th time	35 crunches	20 sit-ups
7th time	10 pushups	20 kneeling pushup:
8th time	:60 jog in place	25 jumping jacks
9th time	50 crunches	20 sit-ups