

Xcel and JOGA Tuesday Workout – Flip A Coin

You will need:

A penny or other coin

Wall

Chair/bed/couch/etc

Directions: You will go through the ENTIRE list below ONE time. For each pair of exercises, you flip a coin to decide which exercise you do. Then move on to the next pair.

Heads	Tails
50 jumping jacks	50 high knees
50 mountain climbers	50 rebounds
20 push ups	20 dips
25 hollow rocks	50 hollow flutters (total)
20 squats	10 burpees
50 arch flutters (total)	25 arch ups
15 wide arm push ups	10 handstand push ups
20 side arch ups (each side)	15 side plank dips (each side)
20 glute bridges	20 kneeling lean backs
25 upper body arch ups	40 swimmers (total)
50 rebounds	50 jumping jacks
50 high knees	50 mountain climbers
10 handstand push ups	20 push ups
15 side plank dips (each side)	25 hollow rocks
10 burpees	20 glute bridges
40 swimmers (total)	50 arch flutters (total)
20 dips	15 wide arm push ups
50 hollow flutters (total)	20 side arch ups (each side)
20 kneeling lean backs	20 squats
25 arch ups	25 upper body arch ups
30 second plank	45 second plank
30 second wall sit	45 second wall sit
45 second arch hold	30 second arch hold
15 second half push up hold	30 second half push up hold
30 seconds jumping lunges	45 seconds jumping lunges