

Head or tails fitness

With any type of coin around the house you will flip it in the air. If it lands heads you will do the exercise for heads, and if tails you will do the tails exercise. Once again this only has to be done the day you have PE but if parents allow it you can do this everyday.



1	10 Push Ups	20 curl ups
2	30 second lunges	30 second side lunges
3	30 second squats	15 squat jumps
4	45 second high kness runs in place	45 second flutter kicks in place
5	20 curl ups	10 push ups
6	45 second Jumping Jacks	30 second squat jumps

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