



Community  
HealthCare System

Holton Rehabilitation and Fitness

## ***Flip-a-Coin Workout***

### ***Heads***

- 1. 1-minute high knees***
- 2. 20 air squats***
- 3. 15 pushups***
- 4. 20 mountain climbers***
- 5. 20 frog jumps***
- 6. 20 jumping jacks***
- 7. 15 tricep push-ups***
- 8. 20 side lunges (10 each side)***
- 9. 20 bicycle crunches***
- 10. 20 Russian twist***
- 11. 15 tricep dips***
- 12. 20 Sumo squats***
- 13. 15 sit-ups***
- 14. 20 air squat jumps***
- 15. 20 leg lifts***

### ***Tails***

- 1. 1-minute wall sit***
- 2. 30 calf raises***
- 3. 2-minute run in place***
- 4. 20 superman lifts***
- 5. 20 curtsy lunges***
- 6. 10 each side Spiderman plank***
- 7. 20 push-ups***
- 8. 1-minute plank***
- 9. 1-minute bicycle crunches***
- 10. 20 toe taps reaches/penguins (abs)***
- 11. 30 scissor jacks 30***
- 12. 1-minute butt kicks***
- 13. Plank dips 45 seconds***
- 14. 1-minute wall sit***
- 15. 1-minute plank***

