

Heads and Tails

30 seconds per station

	<u>Heads</u>	<u>Tails</u>
1	Press Ups	Sit Ups
2	Star jumps	High Knees
3	Mountain climbers	Plank
4	Tricep dips	Bench hops
5	Burpees	Squats
6	Lunges	Russian twists
7	Wall sit	Kick through
8	Side plank	Flutter kicks
9	Jogging	Knee Tucks
10	Rest	Floor to sky

