

Gymnastics At Home - Pulse Raiser

Flip a Coin

Flip a coin 10 and complete the exercise in the table for that round depending on if the coin lands head or tails. Complete 10 Rounds.

Round	HEADS	TAILS
1	Burpees x 10	Mountain Climbers x 10
2	Crunches x 10	Squat Jumps x 10
3	Skater Lunges x 10	Forearm Plank x 10 seconds
4	Squat Jumps x 10	Lunges x 10
5	Plank Hold x 10 seconds	In and Out Jump Squats x 10
6	Scissor Jumps x 10	Star Jumps x 10
7	Front Support Hold x 10	Dish Hold x 10 seconds
8	Tuck Jumps x 10	Squat Thrusts x 10
9	Dish Rocks x 10	Arch Hold x 10 seconds
10	Hops on Each Leg x 10	V-Sits x 10