



GUIDELINES

Welcome to the Flippin' Fitness Challenge!

This challenge will be a fun way to add some supplemental exercises to your daily routine!

How It Works:

Choose a Flippin' Fitness Challenge Chart for your current level (Beginner, Intermediate, or Advanced). All three charts are available on the next page. Keep in mind, you can always change charts to an easier or harder chart as you go through the challenge!

Begin one set by flipping a coin and do the exercise in the first row based on whether the coin lands on heads or tails.

Finish one set by flipping a coin seven times to complete the seven rows of one chart.

To complete this challenge you need to complete 20 workout sets.

Additional Information:

Seven flips of the coin will mean you are doing seven exercises in each set. It sounds repetitive, but there are 128 possible combinations of workouts so the odds of doing the exact same workout twice in the month are pretty low!

If any of these exercises are too difficult, or if you are injured and they cause you pain, you may modify the exercise or substitute in a different one that you can do. For example, if regular push ups are too difficult, try dropping your knees to the ground.

Each chart contains common exercises, but if you are unsure of what an exercise is, or the proper way to do it, you can easily do a quick YouTube or Google search to find all the information you need!



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BEGINNER
HEADS  TAILS

10 SIT-UPS -or- 15 SECOND PLANK

10 SQUATS -or- 10 LUNGES

5 PUSH-UPS -or- 5 TRICEP DIPS

10 JUMPING JACKS -or- 15 SECONDS OF HIGH KNEES

5 BURPEES -or- 5 SINGLE LEG HOPS PER LEG

5 TRICEP DIPS -or- 5 PUSH-UPS

15 SECONDS OF MOUNTAIN CLIMBERS -or- 15 SECOND SIDE PLANK (BOTH SIDES!)

INTERMEDIATE
HEADS  TAILS

20 SIT-UPS -or- 30 SECOND PLANK

20 SQUATS -or- 20 LUNGES

10 PUSH-UPS -or- 10 TRICEP DIPS

20 JUMPING JACKS -or- 30 SECONDS OF HIGH KNEES

10 BURPEES -or- 10 SINGLE LEG HOPS PER LEG

10 TRICEP DIPS -or- 10 PUSH-UPS

30 SECONDS OF MOUNTAIN CLIMBERS -or- 30 SECOND SIDE PLANK (BOTH SIDES!)

ADVANCED
HEADS  TAILS

30 SIT-UPS -or- 1 MINUTE PLANK

30 SQUATS -or- 30 LUNGES

20 PUSH-UPS -or- 20 TRICEP DIPS

30 JUMPING JACKS -or- 1 MINUTE OF HIGH KNEES

20 BURPEES -or- 20 SINGLE LEG HOPS PER LEG

20 TRICEP DIPS -or- 20 PUSH-UPS

1 MINUTE OF MOUNTAIN CLIMBERS -or- 1 MINUTE SIDE PLANK (BOTH SIDES!)