Flip the coin exercises

10 curl ups

10 side to side curl ups

10 burpees

10 squirpees

5 10 mountain climber burpees

30 second plank

20 second plank shoulder taps

20 second plank wrist taps

20 second plank elbow taps

10 Sally Up Planks

16 calf raises

10 squats

8 squats with leg kick

16 lunges

16 lateral (side) lunges

10 push-ups

5 second push up holds

16 mountain climbers

10 spiders

30 seconds fast feet

20 second side plank on each side

30 jumping jacks

16 double leg lifts

30 second flutter kick

30 second superman

30 second superman freestyle swim

30 second superman froggy swim

30 second wall sit

30 second boat hold

30 second boat hold rope climb

30 second boat hold kayak

30 second boat hold running arms

30 second boat hold in and out

Bear crawl across the gym (north to south)

Crab crawl across the gym (north to south)

5 burpees/5 pushups/5 double leg lifts

8 single leg calf raises on each leg

4 lunges/5 squats/6 lateral lunges

20 mountain climbers with a twist

Push-up position with 16 toe taps

20 second of high knees

6 butterflies (suitcases)

30 second scissor kick