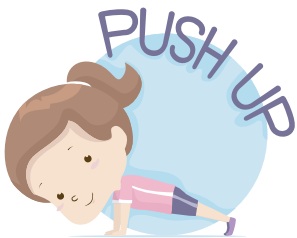




Miss Farah's Heads or Tails

WORKOUT

For this game all you need is yourself, some workout space, and a coin. Flip your coin and follow the exercise for each time you flip. Let's stretch, get ready, go!



Heads

Push ups: 10 reps

Butterfly: 30 second hold

Squats: 15 reps

Mountain Climbers: 20 reps

Leg raises: 12 reps each leg



Tails

Squats: 15 reps

Mountain climbers: 20 reps

Leg raises: 12 reps each leg

Push ups: 10 reps

Butterfly: 30 second hold



#PLAYGABLESATHOME
GABLESRECREATION.COM