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

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**Miss Farah’s Heads or Tails WORKOUT**