



# KidsRUN<sup>RVA</sup>



## Activity: Coin Flip Fitness

**Directions: Grab a coin and flip your way through each of the exercises listed below. Beside each exercise you will see which side of the coin – heads or tails – is “lucky.” If you land on the “lucky” side, you only have to do 7 of that exercise. If you land on the “unlucky” side, do 13 of that exercise!**

<b>Exercise</b>	<b>Lucky Side</b>
Jumping Jacks	Heads
Sit Ups	Tails
Squats	Tails
Plank Jacks	Heads
Calf Raises	Tails
Star Jumps	Heads
Leg Lifts	Heads
Bridges	Tails
Burpees	Heads

**Have questions? Email us: [KidsRunRVA@sportsbackers.org](mailto:KidsRunRVA@sportsbackers.org)**

**Check out our library of Exercise GIFS at:  
[www.sportsbackers.org/program/kids-run-rva/exercise-examples/](http://www.sportsbackers.org/program/kids-run-rva/exercise-examples/)**