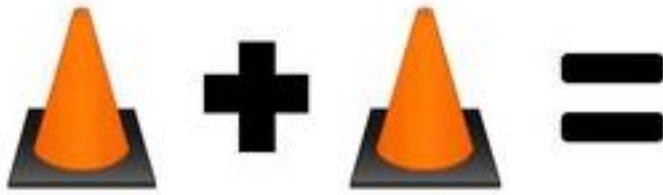


FLIP-IT FITNESS



Cardio – Running on the Spot (1 minute)

Lower Body – 20 Bear Crawls

Upper Body – 20 High Planks with Shoulder Touch (10 on each side)

Core - 20 Crunches



Cardio – Air Punches (1 minute)

Lower Body – 20 Lunges

Upper Body – 10 Triceps Dips

Core - 40 Squirms (20 on each side)



Cardio – Burpees (1 minute)

Lower Body – 20 Squats

Upper Body – 10 Press Ups

Core – 10 Up-Down Planks

1. Fill 2 bottles with water (about a quarter to a half full)
2. Flip the bottles
3. Complete the corresponding exercises
4. Complete set amount of rounds

Easy: 5 Rounds

Medium: 10 Rounds

Hard: 15 Rounds