







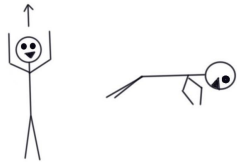


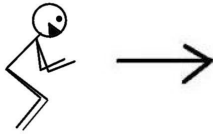
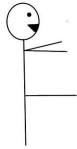


# Spirit North Coin Flip

Get active and challenge yourself to Activity Coin Flip!

Flip a coin! If it lands on heads, do an activity in the heads column. If it lands on tails, do an activity in the tails column. Try to complete all of the activities in each column. Do it by yourself or with someone you live with.

	Heads 	Tails 
1	30 Jumping Jacks 	30 second Wall Sit 
2	20 Lunges 	20 Squats 
3	30 second Plank 	10 Push ups 
4	20 Burpees 	30 second Jog on the Spot 
5	30 second Mountain Climbers 	10 Long Jumps 
6	20 Leg Raises 	20 Sit ups 