

# **CRAZY COINS**

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**Find any coin. Then choose one of the exercises below and spin the coin. Perform the exercise until the coin stops spinning. Continue playing until you have tried all the exercises.**

- 1. Push-ups**
- 2. Jumping Jacks**
- 3. One Foot Balance**
- 4. Bell Jumps (forward and backward)**
- 5. Jog in Place**
- 6. Straddle Jumps (feet together/apart)**
- 7. Ski Jumps (side to side)**
- 8. Arm Circles**
- 9. Stork Stand**
- 10. Sit-ups**

