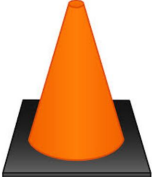
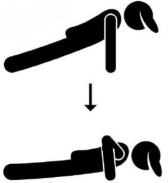




FLIP-IT FITNESS

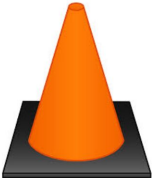




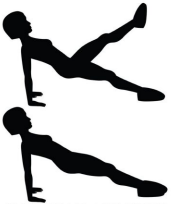
All students (or large groups) flip their item at the same time, then check total successes for the fitness result.

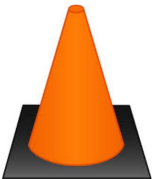

LAND THIS MANY = THEN DO THIS

0-2  = 5 Push-ups 

3-5  = 12 Crunches 
CRUNCHES

6-10  = 15 Jumping Jacks 
JUMPING JACKS

11-14  = 10 crab plank kicks 
REVERSE PLANK KICKS

15-19  = Skip around gym 1x 
POWER SKIPS

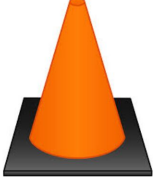
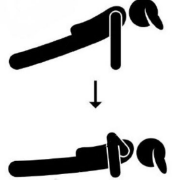
20+  = Dance for 10 seconds 
FLOSS



FLIP-IT FITNESS

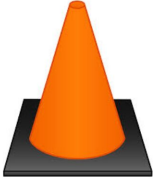



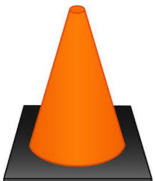
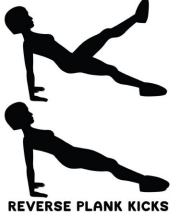
All students (or large groups) flip their item at the same time, then check total successes for the fitness result.

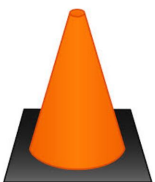

LAND THIS MANY = THEN DO THIS

0-4  = **5 Push-ups** 

5-8  = **12 Crunches** 
CRUNCHES

9-14  = **15 Jumping Jacks** 
JUMPING JACKS

15-19  = **10 crab plank kicks** 
REVERSE PLANK KICKS

20-24  = **Skip around gym 1x** 
POWER SKIPS


25+  = **Dance for 10 seconds** 
FLOSS

FLIP-IT FITNESS

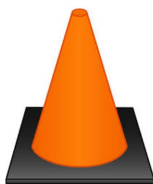



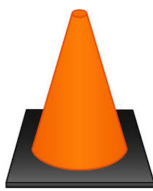

All students (or large groups) flip their item at the same time, then check total successes for the fitness result.

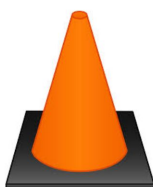
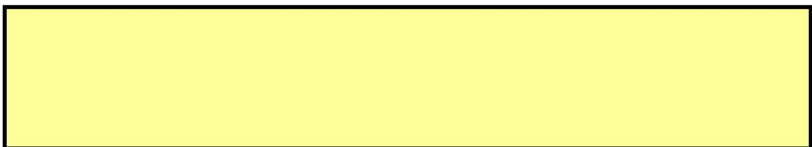
LAND THIS MANY = THEN DO THIS

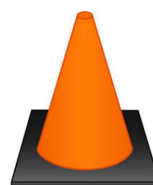
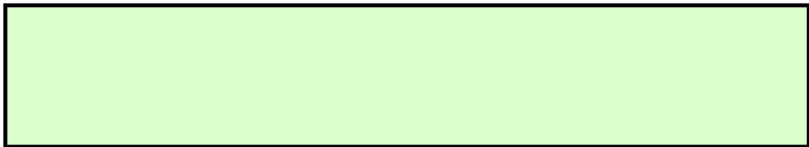
0-2  = 

3-5  = 

6-10  = 

11-14  = 

15-19  = 

20+  = 

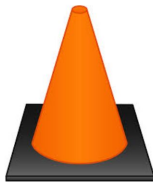
FLIP-IT FITNESS

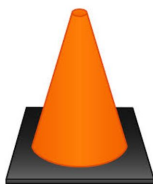



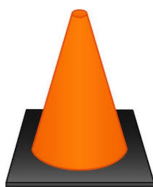

All students (or large groups) flip their item at the same time, then check total successes for the fitness result.

LAND THIS MANY = THEN DO THIS

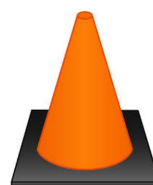
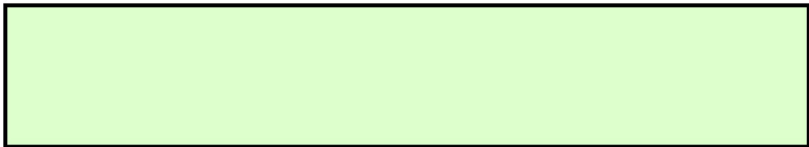
0-4  = 

5-8  = 

9-14  = 

15-19  = 

20-24  = 

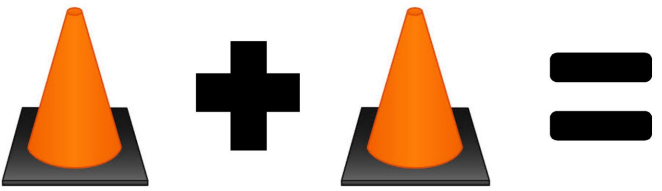
25+  = 

FLIP-IT FITNESS



Teammates flip their item at the same time, then check total successes for the fitness result.

Find a new partner each time!



Dance for 10 seconds

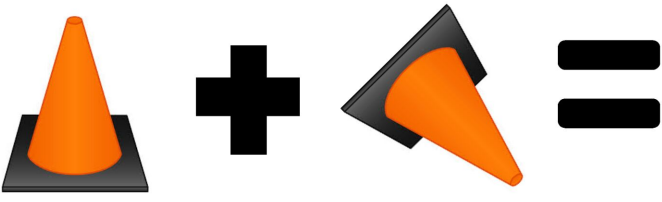
12 Crunches

OR

FLOSS



CRUNCHES



15 Jumping Jacks

10 crab plank kicks

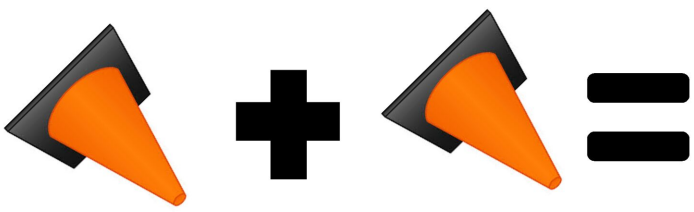
OR



JUMPING JACKS



REVERSE PLANK KICKS



Skip around gym 1x

5 Push-ups

OR



POWER SKIPS

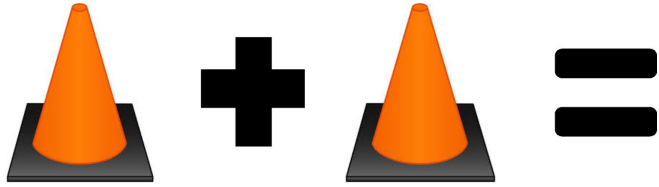


FLIP-IT FITNESS

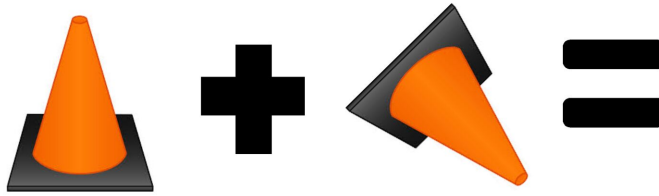


Teammates flip their item at the same time, then check total successes for the fitness result.

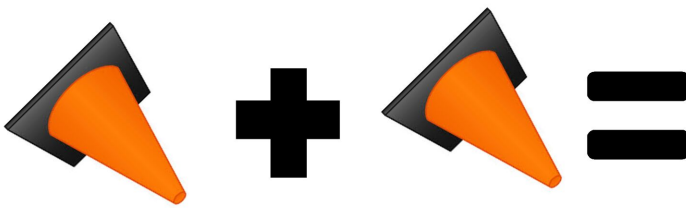
Find a new partner each time!



OR



OR



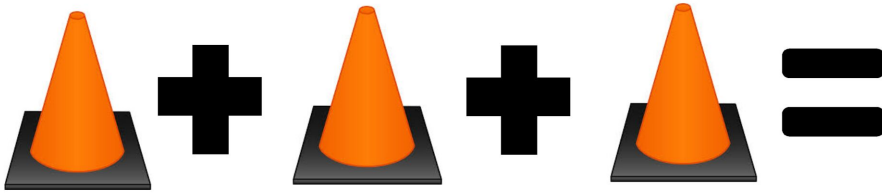
OR

FLIP-IT FITNESS



Teammates flip their item at the same time, then check total successes for the fitness result.

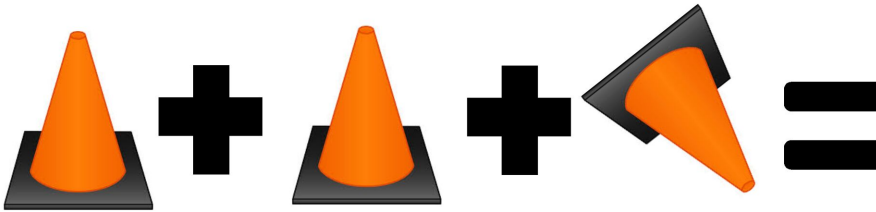
Find new partners each time!



5 Push-ups

OR

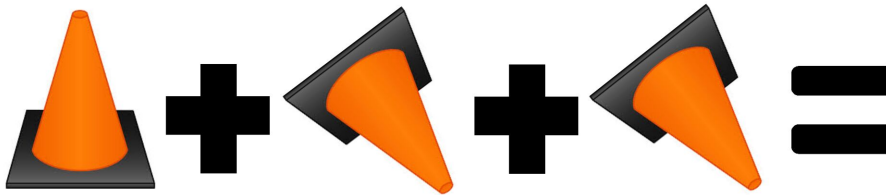
15 Jumping Jacks



Dance for 12 seconds

OR

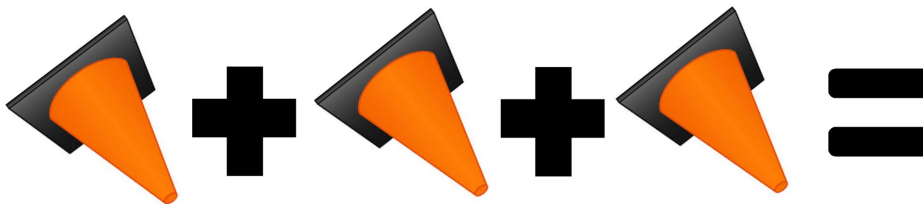
12 Crunches



14 Bunny hops

OR

Jog around gym 1x



3 Burpees

OR

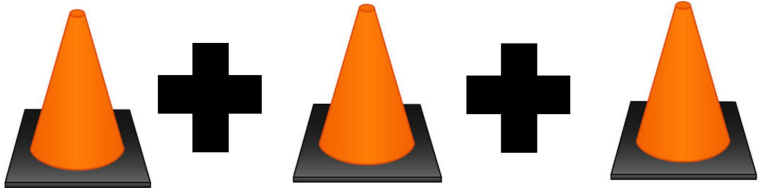
20 Second Plank

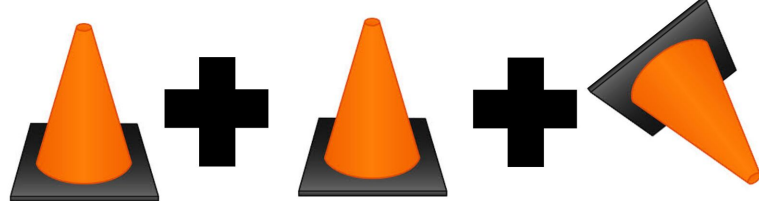
FLIP-IT FITNESS





Teammates flip their item at the same time, then check total successes for the fitness result.

Find new partners each time!

 =
OR

 =
OR

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OR

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OR