

FLIPPITY DOO -DAH™

● WARM - UP:

Flip #	Heads	Tails
Flip #1	Donkey Kick	Bear Crawl
Flip #2	Front Crab	Back Crab
Flip #3	Bunny Hop	Frog Hop
Flip #4	Starfish	Duck Walk
Flip #5	Elephant	Cheetah

● LOWER BODY:

Flip #	Heads	Tails
Flip #1	R Leg Hop	L Leg Hop
Flip #2	Squat	Squat Jump
Flip #3	Lunge	Lunge Jump
Flip #4	Calf Raise	Tuck Jump
Flip #5	30 sec Jog	60 sec Jog

● TOTAL BODY:

Flip #	Heads	Tails
Flip #1	Mtn. Jack	Mtn. Climber
Flip #2	Jump Jack	Squat Jack
Flip #3	Burpee	Cheeto
Flip #4	Push-Up	Row Boat
Flip #5	Plank	Plank L/R

● ABS:

Flip #	Heads	Tails
Flip #1	Sit-Up	Crunch
Flip #2	Vert. Scissor	Hori. Scissor
Flip #3	R Oblique	L Oblique
Flip #4	V-Sit	Y-Sit
Flip #5	Pinky Toe	Butterfly Cru.