

Heads or tails



What you need: a coin.

How to play:

- Players choose each time if they want to be heads or tails.
- They toss the coin and if it lands on the side they called they gain 1 point.
- If the coin toss does not land on the side they called they must complete 10 squats.
- The game is complete once players have won 10 coin tosses.
- Playing with someone else? Who can win 10 coin tosses first?
- Play the game again changing the exercise.

**Are you
feeling lucky?**

