**Fitness Friday – Code a Workout Using a Coin Flip**

You can do this workout by yourself or find a family member to be your partner.

You will need **one coin** that you can flip.

First pick **4 different exercises**. What will your exercises be?

Here are some ideas: jumping jacks, squats, hop on one foot, push ups, burpees, dip your bottom in the pool (tricep dips) or something else.

Find a space where you can do the exercises safely. How many of each exercise will you do? We usually pick 10 of each exercise on fitness Friday but for some exercises like burpees, maybe 5 is enough.

**Now you are going to code your workout.**

During coding week, we learned that coders use **if – then – else** statements in their code from the book, *How to Code a Sandcastle*.

Here is an example of if – then – else

If it is Tuesday

Then we have Nature School

Else we have gym

**Get your coin ready and code your workout.**

**If you are doing this workout by yourself, it will work like this:**

Flip the coin

If the coin flip is heads

Then exercise (do a new exercise each time that you flip the coin)

Else (tails) rest for 20 seconds

**If you are doing this workout with a partner, it will work like this:**

Flip the coin

If the coin flip is heads

Then exercise (do a new exercise each time that you flip the coin)

Else (tails) your partner does the exercise