



Highest ranking
= red cup lands right-side up



Medium ranking
= red cup lands down



Lowest ranking
= red cup lands on it's side

Exercises

- ♦ 10 Jumping Jacks
- ♦ 10 Lunges (each side)
- ♦ 10 Push Ups
- ♦ 10 Tuck Jumps
- ♦ 10 High Knees (each side)
- ♦ 10 Donkey Kicks (each side)

Tie Flip

Cups Land The Same

- ♦ 5 Burpees (Everyone)

