

HOW TO PLAY:

MARK OFF A BINGO SQUARE BY DOING THE ACTIVITY LISTED IN THE SQUARE.

BINGO - Complete 5 across, down or diagonally

FOUR CORNERS Complete the four corners of your card

BLACK OUT completing the whole card.

<p>Yoga</p> <p>Take an online Yoga Class</p>	<p>Burpees</p> <p>Do as many as possible in a 3 min</p>	<p>Zumba®</p> <p>Take a Zumba class online</p>	<p>Morning Workout</p> <p>Do a workout before 11 AM</p>	<p>Quick Workout: Lower Body</p> <p>Rest between rounds</p> <p>10 X Lunges 10 X Squats 10 X Side Lunges 10 X Mountain Climbers</p> <p># of Rounds_____</p>
<p>Evening Workout</p> <p>Do a workout after 5 PM</p>	<p>Floor to Stand</p> <p>Go from the floor to standing with trying not to use your hands Repeat 10 times Bonus go from your back to standing</p>	<p>Tree Pose</p> <p>Hold Tree pose or stand on one leg) as long as possible Repeat on the other leg</p>	<p>Dance</p> <p>Dance, Take a Zumba class online, or put on some dance music while you workout</p>	<p>Stretch</p> <p>At least 20 min or do Yoga Class</p>
<p>Quick Workout: CORE</p> <p>45 Sec Mountain Climber 45 Sec Side Plank-Right 45 Sec Side Plank-Left 60 sec Plank</p> <p># of Rounds_____</p>	<p>Workout Outdoors</p> <p>Head outside for a workout- Don't forget the sunscreen!</p>		<p>Push-Up Challenge</p> <p>Do as many as possible in a 2 min</p>	<p>Lunch Time Workout</p> <p>Do a workout between 11 AM-1 PM</p>
<p>CARDIO</p> <p>Run, Bike, Walk, Zumba? Your Choice but make it at least 30 Minutes</p>	<p>Self-Care</p> <p>Give yourself some love. Foam Roll, Take a hot bath, meditate, do some gentle yoga.</p>	<p>Two-a-Day</p> <p>Do two workouts in the same day</p>	<p>Quick Workout: Upper Body</p> <p>Rest between rounds</p> <p>10 X Push-Ups 10 X Tricep Dips 10 X Up-Down Planks 60 sec Plank</p> <p># of Rounds_____</p>	<p>PLANK Challenge</p> <p>Hold a plank for as long as possible</p>
<p>Wall Sit Challenge</p> <p>Hold wall sit for as long as possible</p>	<p>Body First Online</p> <p>Take an online Zumba class, or do a Body First Workout online.</p>	<p>Quick Workout: Full Body</p> <p>Rest between rounds</p> <p>10 X Alternating Reverse Lunges 10 X Bird Dogs 10 X Dead Bug 10 X Bear Crawls</p> <p># of Rounds_____</p>	<p>Breathe</p> <p>Practice Breathwork, meditate, do some tai chi or yoga, Do something that calms you.</p>	<p>Walk the Dog!</p> <p>Even if you don't have a dog! Head out for a 30 min+ walk</p>