



BODY BINGO



15 Tuck Jumps	10 forward lunges 10 reverse lunges (ALTERNATING LEGS)	Butt Kickers in Place (1 MINUTE)	10 Chest Flys (3 SETS)	20 Mountain Climbers (ON EACH SIDE)
10 Dumbel Front Raises (3 SETS)	Wall Sit (30 SECONDS, 3 SETS)	15 Bird Dog Push Ups	10 Bicep Curls (3 SETS)	30 Jumping Jacks
10 Tricep Kickbacks (3 SETS)	Plank Hold (30 SECONDS)	FREE SPACE	5 minutes of stretching	10 Heavy Deadlifts
High Knees (45 SECONDS)	10 Seated Shoulder Press (3 SETS)	16 Side V-Ups (8 LEFT SIDE, 8 RIGHT SIDE)	15 Squat Jumps	15 Tricep Dips
10 Dumbbell/Kettle Swings (3 SETS)	20 Sit Ups	15 Weighted Squats	Weighted Bear Crawls (FRONT TO BACK OF TURF)	15 Push Ups

The middle of the challenge can be the toughest part to stay motivated, and our bodies often find ourselves slipping into a “fitness rut”. We put together a fun game to try some new things around the gym, and spice up the routine so you can keep growing stronger!

INSTRUCTIONS:

Connect five “strength squares” in a row the next time you’re at YouFit to complete your latest challenge mission!

BINGO BONUS:

- ★ Double the amount of reps or time in each square for an extra challenge!
- ★ Feeling like superman? Instead of completing a row, try to check off the entire card!