

Workout Class Bingo

Strength Day-Upper	10 burpees	25 sit-ups after class	Selfie with a trainer	Bring a friend
1min plank before class	Strength Day-Lower	Lap around the building after workout	100 jump ropes	Saturday Class
Share Strength Bootcamp page	Tag Strength Bootcamp in a post	FREE	15 Kettlebell swings	5:30pm workout
60seconds on the Echo	Selfie with your gym bestie	9am workout	5:30am workout	HIIT day workout
4:30pm workout	150lb sled push (full track)	Post a video of a station	Write a review on FB	25 pushups

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Tag Strength Bootcamp in a post	100 jump ropes	Selfie with a trainer	1min plank before class	Lap around the building after workout
25 sit-ups after class	Write a review on FB	Bring a friend	150lb sled push (full track)	Saturday Class
60seconds on the Echo	15 Kettlebell swings	FREE	5:30pm workout	10 burpees
5:30am workout	Post a video of a station	Strength Day-Upper	25 pushups	Selfie with your gym bestie
9am workout	HIIT day workout	Share Strength Bootcamp page	Strength Day-Lower	4:30pm workout

Workout Class Bingo

150lb sled push (full track)	Post a video of a station	100 jump ropes	HIIT day workout	15 Kettlebell swings
Strength Day-Upper	60seconds on the Echo	9am workout	Strength Day-Lower	Bring a friend
Share Strength Bootcamp page	25 pushups	FREE	Selfie with your gym bestie	5:30am workout
Tag Strength Bootcamp in a post	Saturday Class	Selfie with a trainer	Write a review on FB	25 sit-ups after class
5:30pm workout	10 burpees	Lap around the building after workout	1min plank before class	4:30pm workout