

Fitness by Ford Bingo

Strength Day-Upper	25 Kettlebell swings	50 jump ropes	Selfie with a trainer	HIIT day workout
2min plank before/after class	Strength Day-Lower	Meal plan for week	25 burpees	Saturday Class
Share Fitness by Ford page	Walk a mile	FREE	25 pushups	Bring a friend
Drink a gallon of water	Selfie with your gym bestie	Get someone to join	9am workout	Lap around the building after workout
5:30am workout	25 sit-ups after class	Post a sweaty selfie	Write a review on FB	30 minutes of cardio

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Walk a mile	25 burpees	Selfie with a trainer	2min plank before/after class	Meal plan for week
50 jump ropes	Write a review on FB	HIIT day workout	25 sit-ups after class	Saturday Class
Drink a gallon of water	25 pushups	FREE	Bring a friend	25 Kettlebell swings
9am workout	Post a sweaty selfie	Strength Day-Upper	30 minutes of cardio	Selfie with your gym bestie
Get someone to join	Lap around the building after workout	Share Fitness by Ford page	Strength Day-Lower	5:30am workout

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25 sit-ups after class	Post a sweaty selfie	25 burpees	Lap around the building after workout	25 pushups
Strength Day-Upper	Drink a gallon of water	Get someone to join	Strength Day-Lower	HIIT day workout
Share Fitness by Ford page	30 minutes of cardio	FREE	Selfie with your gym bestie	9am workout
Walk a mile	Saturday Class	Selfie with a trainer	Write a review on FB	50 jump ropes
Bring a friend	25 Kettlebell swings	Meal plan for week	2min plank before/after class	5:30am workout