

Fitness by Ford Bingo

Visit supreme nutrition	15 minutes of abs workout record	25 pushups record	Post a sweaty selfie	Bring a friend
25 donkey kicks each leg	Share Fitness by Ford page on social media	Get someone to join	2 minutes planks & wall sits after class	Meal plan for week
Selfie with your gym bestie	Walk a mile	FREE	25 Kettlebell swings record	50 jump ropes record
50 squats record	Selfie with a trainer	Before/after picture for April	30 minutes of cardio record	Drink a gallon of water
25 sit-ups after class	25 burpees record	Lap around the building after workout	Write a review on FB	25 fire hydrants each leg

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Walk a mile	2 minutes planks & wall sits after class	Post a sweaty selfie	25 donkey kicks each leg	Get someone to join
25 pushups record	Write a review on FB	Bring a friend	25 burpees record	Meal plan for week
50 squats record	25 Kettlebell swings record	FREE	50 jump ropes record	15 minutes of abs workout record
30 minutes of cardio record	Lap around the building after workout	Visit supreme nutrition	25 fire hydrants each leg	Selfie with a trainer
Before/after picture for April	Drink a gallon of water	Selfie with your gym bestie	Share Fitness by Ford page on social media	25 sit-ups after class

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25 burpees record	Lap around the building after workout	2 minutes planks & wall sits after class	Drink a gallon of water	25 Kettlebell swings record
Visit supreme nutrition	50 squats record	Before/after picture for April	Share Fitness by Ford page on social media	Bring a friend
Selfie with your gym bestie	25 fire hydrants each leg	FREE	Selfie with a trainer	30 minutes of cardio record
Walk a mile	Meal plan for week	Post a sweaty selfie	Write a review on FB	25 pushups record
50 jump ropes record	15 minutes of abs workout record	Get someone to join	25 donkey kicks each leg	25 sit-ups after class