

B	I	N	G	O
Tell the class a joke during question of the day	100 Abmat sit-ups	Accumulate a 3 minute plank hold	High-five everyone after everyone finishes a WOD	Complete 50 cals on the assault bike
Accumulate 5 mins of wall-sits	Teams of 3 complete a 60 rep WallBall congo line	Complete a 2k row for time	Accumulate 200 box step-ups	Help someone put away their equipment after a WOD
Post your go to healthy meal and tag CFABB	Wear matching gym clothes with a friend	FREE	Accumulate 200 walking lunges	Complete 10 touch-n-go reps of snatch (any weight)
Complete 20 synchro burpees with a friend	PR any lift	Complete 30 mins of stretching	Complete 10 touch-n-go reps of clean and jerks (any weight)	Complete 50 strict or banded pull-ups
Attend 10 classes	Accumulate 300 double-unders crossovers or penguin hops	Complete a partner WOD	Yell "Heck Yeah I love Thrusters" while doing thrusters in a WOD	Accumulate 50 cals on the ski erg

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