

B	I	N	G	O
Watch a Womens International 7s Rugby Match	1 Mile Run	150 Air Squats	Read an article about a rugby skill	Complete a 20 minute workout of 5 Push Ups-10 Sit Ups-15 Air Squats
10x45 Sec Plank	Watch a Womens International 7s Match	Pass the rugby ball for 20 Minutes	100 Burpees	Reach out to a new teammate during the week.
Watch a Womens International 7's Rugby Match	Watch a video about a rugby skill	FREE	100 Push Ups	3 Mile Run
300 Air Squats	Walk for 30 Minutes	50 Push Ups	20x10m Shuttle Runs	Complete a workout coach sends during Spring Break
150 Jumping Air Squats	100 Sit Ups	Pass the rugby ball for 30 minutes	Watch a youtube video about a rugby skill	15 x 50m Sprints

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Watch a video about a rugby skill	100 Burpees	Read an article about a rugby skill	10x45 Sec Plank	Pass the rugby ball for 20 Minutes
150 Air Squats	Watch a youtube video about a rugby skill	Complete a 20 minute workout of 5 Push Ups-10 Sit Ups-15 Air Squats	100 Sit Ups	Reach out to a new teammate during the week.
300 Air Squats	100 Push Ups	FREE	3 Mile Run	1 Mile Run
20x10m Shuttle Runs	Pass the rugby ball for 30 minutes	Watch a Womens International 7s Rugby Match	15 x 50m Sprints	Walk for 30 Minutes
50 Push Ups	Complete a workout coach sends during Spring Break	Watch a Womens International 7's Rugby Match	Watch a Womens International 7s Match	150 Jumping Air Squats

B	I	N	G	O
100 Sit Ups	Pass the rugby ball for 30 minutes	100 Burpees	Complete a workout coach sends during Spring Break	100 Push Ups
Watch a Womens International 7s Rugby Match	300 Air Squats	50 Push Ups	Watch a Womens International 7s Match	Complete a 20 minute workout of 5 Push Ups-10 Sit Ups-15 Air Squats
Watch a Womens International 7's Rugby Match	15 x 50m Sprints	FREE	Walk for 30 Minutes	20x10m Shuttle Runs
Watch a video about a rugby skill	Reach out to a new teammate during the week.	Read an article about a rugby skill	Watch a youtube video about a rugby skill	150 Air Squats
3 Mile Run	1 Mile Run	Pass the rugby ball for 20 Minutes	10x45 Sec Plank	150 Jumping Air Squats