B	I	N	G	O
Stay at least 5g under your fat goal	1 minute dead hang	Complete 4k steps	Hit your carb goal	Fats
Complete 10 rear pullups	Obliques	Glutes and inner thigh	45 seconds of earthquake pushups	Hinge
Name 2 ways to get stronger without lifting heavier	Underhand grip	**FREE**	Anteversion	Creatine
Do at least 10 minutes of stretching	Mobility	Eat in a caloric deficit	Complete a set of lat pulldowns and pullups (10 of each)	Flexibility
Complete a pyramid of pushups (1-5 and 5-1)	Combination of speed and strength	Helps breakdown your macros so it's easier to digest	Walk outside for at 5 minutes	Complete 3 EMOM 15 second sprints

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
Underhand grip	45 seconds of earthquake pushups	Hit your carb goal	Complete 10 rear pullups	Glutes and inner thigh
Complete 4k steps	Walk outside for at 5 minutes	Fats	Combination of speed and strength	Hinge
Do at least 10 minutes of stretching	Anteversion	**FREE**	Creatine	1 minute dead hang
Complete a set of lat pulldowns and pullups (10 of each)	Helps breakdown your macros so it's easier to digest	Stay at least 5g under your fat goal	Complete 3 EMOM 15 second sprints	Mobility
Eat in a caloric deficit	Flexibility	Name 2 ways to get stronger without lifting heavier	Obliques	Complete a pyramid of pushups (1-5 and 5-1)

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
Combination of speed and strength	Helps breakdown your macros so it's easier to digest	45 seconds of earthquake pushups	Flexibility	Anteversion
Stay at least 5g under your fat goal	Do at least 10 minutes of stretching	Eat in a caloric deficit	Obliques	Fats
Name 2 ways to get stronger without lifting heavier	Complete 3 EMOM 15 second sprints	**FREE**	Mobility	Complete a set of lat pulldowns and pullups (10 of each)
Underhand grip	Hinge	Hit your carb goal	Walk outside for at 5 minutes	Complete 4k steps
Creatine	1 minute dead hang	Glutes and inner thigh	Complete 10 rear pullups	Complete a pyramid of pushups (1-5 and 5-1)

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved