

ANYTIME FITNESS BINGO

USE FOAM ROLLER	10 SQUATS	10 SIT UPS	DUMBBELL EXERCISE	SMILE
NO PHONE TODAY	CONTROLLED NEGATIVE	TRY A NEW MACHINE AT THE GYM	REACH 120 MINUTES OF WORKOUT TIME	5 GYM CHECKINS (THIS WEEK)
RIDE THE BIKE FOR 15 MIN	TELL A FRIEND ABOUT ANYTIME FITNESS	FREE	WALK 10 000 STEPS TODAY	CARDIO 20 MIN
PUSH EXERCISE	JUMP ROPE FOR 2 MIN	TRY A NEW EXERCISE	KETTLEBELL EXERCISE	SUBMIT A PICTURE OF YOURSELF SMILING @ ANYTIME FITNESS
LOADED CARRY	RESISTANCE BAND EXERCISE	HYDRATE	HYDRATE	PULL EXERCISE

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KETTLEBELL EXERCISE	FREE SPACE	CARDIO 20 MIN	CLEAN EQUIPMENT	PUSH EXERCISE
PROGRESSIVE LOAD EXERCISE	NO PHONE TODAY	5 GYM CHECKINS (THIS WEEK)	TRY A NEW EXERCISE	SMILE
IMPROVE BALANCE	JUMP ROPE FOR 2 MIN	FREE	TRY A NEW MACHINE AT THE GYM	WALK 10 000 STEPS TODAY
10 SQUATS	PULL EXERCISE	CONTROLLED NEGATIVE	RESISTANCE BAND EXERCISE	WALK 15 MIN ON TREADMILL(3X THIS WEEK)
STRETCH HIPS	RIDE THE BIKE FOR 15 MIN	REACH 120 MINUTES OF WORKOUT TIME	SUBMIT A PICTURE OF YOURSELF SMILING @ ANYTIME FITNESS	COMPLETE A CIRCUIT

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RESISTANCE BAND EXERCISE	PROGRESSIVE LOAD EXERCISE	CONTROLLED NEGATIVE	RIDE THE BIKE FOR 15 MIN	PULL EXERCISE
10 SQUATS	IMPROVE BALANCE	10 SIT UPS	NO PHONE TODAY	USE FOAM ROLLER
CLEAN EQUIPMENT	WARM UP 10 MIN	FREE	WALK 15 MIN ON TREADMILL(3X THIS WEEK)	CORE STABILITY EXERCISE
5 GYM CHECKINS (THIS WEEK)	SMILE	PUSH EXERCISE	DRINK 8 GLASSES OF WATER	WALK 10 000 STEPS TODAY
COMPLETE A CIRCUIT	KETTLEBELL EXERCISE	DUMBBELL EXERCISE	CARDIO 20 MIN	HYDRATE