

ANYTIME FITNESS BINGO

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

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TRY A NEW EXERCISE	CLEAN EQUIPMENT	STRETCH HIPS	JUMP ROPE FOR 2 MIN	CARDIO 20 MIN
KETTLEBELL EXERCISE	TRY A NEW MACHINE AT THE GYM	5 GYM CHECKINS (THIS WEEK)	WALK 10 000 STEPS TODAY	10 SQUATS
PUSH EXERCISE	SMILE	FREE	PULL EXERCISE	LOADED CARRY
PROGRESSIVE LOAD EXERCISE	CONTROLLED NEGATIVE	DUMBBELL EXERCISE	RESISTANCE BAND EXERCISE	WALK 15 MIN ON TREADMILL(3X THIS WEEK)
REACH 120 MINUTES OF WORKOUT TIME	SUBMIT A PICTURE OF YOURSELF SMILING @ ANYTIME FITNESS	COMPLETE A CIRCUIT	RIDE THE BIKE FOR 15 MIN	10 SIT UPS

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NO PHONE TODAY	CONTROLLED NEGATIVE	PUSH EXERCISE	USE FOAM ROLLER	CLEAN EQUIPMENT
WARM UP 10 MIN	WALK 15 MIN ON TREADMILL(3X THIS WEEK)	CORE STABILITY EXERCISE	5 GYM CHECKINS (THIS WEEK)	SMILE
REACH 120 MINUTES OF WORKOUT TIME	DRINK 8 GLASSES OF WATER	FREE	10 SQUATS	WALK 10 000 STEPS TODAY
PROGRESSIVE LOAD EXERCISE	COMPLETE A CIRCUIT	KETTLEBELL EXERCISE	DUMBBELL EXERCISE	CARDIO 20 MIN
JUMP ROPE FOR 2 MIN	HYDRATE	RIDE THE BIKE FOR 15 MIN	RESISTANCE BAND EXERCISE	SUBMIT A PICTURE OF YOURSELF SMILING @ ANYTIME FITNESS