

B	I	N	G	O
Teach a family member how to do a cartwheel	1 min hollow hold	25 Candle Stick Jumps	Hollow Pushup Hold (1 Min)	Drink 5 cups of water today
15 Handstand Shrugs	Send me a picture of you conditioning	Handstand Hold (1 min)	10 Burpees	Run in place 100 high knees
Wall Sit (1 min)	10 inch worms with 3 pushups	FREE	25 v-ups	3 random acts of kindness
Make a goal poster or sheet (Be creative)	Do the stair workout(posted on JPAC team facebook page)	Help cook dinner	25 Mountain Climbers	Eat a healthy snack
15 90 degree Handstand Pushup	How long can you hold a plank?Write it on your bingo square	15 Jumping Tuck Jumps	Watch a college gymnastics routine on YouTube	20 squats

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Hollow Pushup Hold (1 Min)	3 random acts of kindness	25 Candle Stick Jumps	Eat a healthy snack	10 inch worms with 3 pushups
25 v-ups	1 min hollow hold	FREE	25 Mountain Climbers	Help cook dinner
20 squats	Teach a family member how to do a cartwheel	15 Jumping Tuck Jumps	Make a goal poster or sheet (Be creative)	15 90 degree Handstand Pushup
Drink 5 cups of water today	25 Pushups	Run in place 100 high knees	Handstand Hold (1 min)	Send me a picture of you conditioning

B	I	N	G	O
Make a goal poster or sheet (Be creative)	25 Mountain Climbers	Wall Sit (1 min)	20 squats	Hollow Pushup Hold (1 Min)
How long can you hold a plank? Write it on your bingo square	Run in place 100 high knees	Watch a college gymnastics routine on YouTube	Do the stair workout(posted on JPAC team facebook page)	10 inch worms with 3 pushups
Help cook dinner	10 Burpees	FREE	25 v-ups	25 Candle Stick Jumps
25 Pushups	Drink 5 cups of water today	15 90 degree Handstand Pushup	1 min hollow hold	Teach a family member how to do a cartwheel
Send me a picture of you conditioning	Handstand Hold (1 min)	3 random acts of kindness	Eat a healthy snack	15 Jumping Tuck Jumps