

B	I	N	G	O
Teach a family member how to do a cartwheel	10 inch worms with 3 pushups	1 min hollow hold	25 Mountain Climbers	How long can you hold a plank? Write it on your bingo square
Drink 5 cups of water today	15 Jumping Tuck Jumps	Run in place 100 high knees	Handstand Hold (1 min)	20 squats per day
Hollow Pushup Hold (1 Min)	No junk food for a day	FREE	15 Burpees	Facetime or call a friend to do a Bingo box together
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
No beam required! Do your beam routine 5 times on the floor	25 tuck hollows per day	25 toe raises each way	Eat a healthy snack	25 Pushups

B	I	N	G	O
15 Burpees	15 Handstand Shrugs	Facetime or call a friend to do a Bingo box together	Drink 5 cups of water today	Do the stair workout(posted on JPAC team facebook page)
15 90 degree Handstand Pushup	No junk food for a day	How long can you hold a plank?Write it on your bingo square	25 v-ups	3 random acts of kindness
Run in place 100 high knees	10 inch worms with 3 pushups	FREE	Teach a family member how to do a cartwheel	Eat a healthy snack
Do cardio for 15 mins 3x's this week	20 squats per day	25 Pushups	Help cook dinner	Wall Sit (1 min)
Hollow Pushup Hold (1 Min)	Handstand Hold (1 min)	No beam required! Do your beam routine 5 times on the floor	15 Jumping Tuck Jumps	1 min hollow hold

B	I	N	G	O
Do the stair workout(posted on JPAC team facebook page)	15 Jumping Tuck Jumps	Facetime or call a friend to do a Bingo box together	Send me a picture of you conditioning	15 Burpees
Watch a college gymnastics routine on YouTube	Wall Sit (1 min)	20 squats per day	15 90 degree Handstand Pushup	How long can you hold a plank?Write it on your bingo square
Handstand Hold (1 min)	25 Mountain Climbers	FREE	10 inch worms with 3 pushups	Teach a family member how to do a cartwheel
Drink 5 cups of water today	Hollow Pushup Hold (1 Min)	3 random acts of kindness	25 v-ups	25 toe raises each way
Help cook dinner	No beam required! Do your beam routine 5 times on the floor	Do cardio for 15 mins 3x's this week	1 min hollow hold	15 Handstand Shrugs