

B	I	N	G	O
Team 2 Fumble Lost	10 Burpees	5 Keepie Ups both feet both knees and one header	Post Video of favourite dad joke	Film an around the world
40 Keepie ups	Team 1 timeout	Left leg plank 1 minute	10 Keepie ups against a wall	Team 1 Fumble Lost
10 Star Jumps	Kill the ball first touch out of the air	FREE	Balance the ball on your head for 10 Seconds	Team 1 passing TD
Balance the ball on your left foot for 5 seconds 3 Keepie ups against the wall 1 with each foot and 1 header	Team 1 Field Goal	Balance the ball on your right foot for 5 seconds	Plank for 2 minutes	5 right foot Keepie ups hoping on left foot
5 Left foot Keepie ups while hoping on right foot	Film favourite fortnite dance	10 left foot Keepie ups	20 Press ups	Right leg plank 1 minute

B	I	N	G	O
Balance on left foot bend down and touch the floor and come back up	10 Star Jumps	Balance the ball on your head for 10 Seconds	Team 1 timeout	10 Keepie ups against a wall
Team 2 Fumble Lost	Team 1 passing TD	Kill the ball first touch out of the air	Post Video of favourite dad joke	Film favourite fortnite dance
Balance the ball on your left foot for 5 seconds 3 Keepie ups against the wall 1 with each foot and 1 header	Film an around the world	FREE	40 Keepie ups	5 Keepie Ups both feet both knees and one header
Left leg plank 1 minute	Team 2 passing TD	Right leg plank 1 minute	Team 1 Field Goal	10 left foot Keepie ups
20 Press ups	Plank for 2 minutes	10 Burpees	Balance the ball on your right foot for 5 seconds	Team 2 timeout

B	I	N	G	O
Team 2 passing TD	40 toe taps in 30 seconds	10 Star Jumps	Right leg plank 1 minute	40 Keepie ups
Kill the ball first touch out of the air	5 Headed Keepie ups	Team 2 timeout	10 Keepie ups against a wall	Team 2 Fumble Lost
Balance the ball on your right foot for 5 seconds	20 Press ups	FREE	Post Video of favourite dad joke	Balance the ball on your head for 10 Seconds
5 Keepie Ups both feet both knees and one header	Balance on left foot bend down and touch the floor and come back up	10 Burpees	5 Left foot Keepie ups while hoping on right foot	Film favourite fortnite dance
Plank for 2 minutes	Team 1 timeout	Team 1 Field Goal	Balance the ball on your left foot for 5 seconds 3 Keepie ups against the wall 1 with each foot and 1 header	Team 1 Fumble Lost