

B	I	N	G	O
Team 2 Fumble Lost	10 Burpees	5 Left foot Keepie ups while hoping on right foot	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 left foot Keepie ups	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	50 Toe taps in 30 seconds
5 right foot Keepie ups hoping on left foot	Film favourite fortnite dance	20 Press ups	20 Star Jumps	Right leg plank 1 minute

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