

B	I	N	G	O
Post Video of favourite dad joke	10 Burpees	5 Keepie Ups both feet both knees and one header	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
20 Star Jumps	Plank for 2 minutes	Film an around the world	10 Keepie ups against a wall	Left leg plank 1 minute
Right leg plank 1 minute	10 left foot Keepie ups	FREE	50 Toe taps in 30 seconds	Balance on left foot bend down and touch the floor and come back up and stand still
Kill the ball first touch out of the air	Balance the ball on your head for 10 Seconds	Film and post a rainbow flick with 2 keepie ups to finish off	5 Left foot Keepie ups while hoping on right foot	Balance the ball on your right foot for 5 seconds
20 Press ups	Juggle the ball while walking 5 meters using both fee	40 Keepie ups	Team 1 Fumble Lost	5 Headed Keepie ups

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Right leg plank 1 minute	Team 1 Fumble Lost	10 Keepie ups against a wall	Balance the ball on your head for 10 Seconds	20 Star Jumps
Film favourite fortnite dance	Balance on left foot bend down and touch the floor and come back up and stand still	5 Keepie Ups both feet both knees and one header	Balance the ball on your right foot for 5 seconds	10 left foot Keepie ups
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Juggle the ball while walking 5 meters using both feet	Left leg plank 1 minute	Team 1 Fumble Lost	Balance the ball on your head for 10 Seconds	10 left foot Keepie ups
Film and post a rainbow flick with 2 keepie ups to finish off	10 Keepie ups against a wall	FREE	50 Toe taps in 30 seconds	5 Keepie Ups both feet both knees and one header
5 right foot Keepie ups hoping on left foot	Balance the ball on your left foot for 5 seconds 3 Keepie ups against the wall 1 with each foot and 1 header	20 Press ups	10 Burpees	Post Video of favourite dad joke
Plank for 2 minutes	Film an around the world	Balance on left foot bend down and touch the floor and come back up and stand still	Balance the ball on your right foot for 5 seconds	40 Keepie ups