

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

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Post Video of favourite dad joke	Film and post a rainbow flick with 2 keepie ups to finish off	Film favourite fortnite dance	Right leg plank 1 minute	5 Headed Keepie ups
5 right foot Keepie ups hoping on left foot	10 Burpees	Balance the ball on your right foot for 5 seconds	20 Star Jumps	5 Keepie Ups both feet both knees and one header