

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

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

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