

Back to Basics Bingo

by
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ATTEND A HIIT CLASS	TREADMILL FOR 15 MINUTES	FOAM ROLL SORE MUSCLES FOR 5 MINUTES	LEARN A NEW EXERCISE ON THE TRX	COMPLETE 3 WORKOUTS IN 1 WEEK
RUN / WALK 1 MILE	COMPLETE 3 X 10 REPS ON THE ASSISTED PULL UP MACHINE	FULL BODY STRETCH 10 MINUTES	STAIRMASTER FOR 10 MINUTES	ATTEND A YOGA CLASS
COMPLETE 5 WORKOUTS / WEEK	LEARN A NEW EXERCISE USING THE STABILITY BALL	Free	SPIN FOR 20 MINUTES	WORKOUT WITH A COWORKER
ROW FOR 5 MINUTES	TRY A KETTLEBELL WORKOUT	SKIP FOR 5 MINUTES	ATTEND 3 GROUP CLASSES IN 1 WEEK	LEARN YOUR HEART RATE ZONES, 60 - 85% OF YOUR MAX
COMPLETE A CORE WORKOUT OF AT LEAST 15 MINUTES	COMPLETE 3 X 10 REPS ON THE LEG PRESS MACHINE	30 SQUATS	50 CALORIE BIKE RIDE	COMPLETE A BODYWEIGHT WORKOUT