

# SOA PEAK PROGRAM

## BINGO WEEK ONE



B	I	N	G	O
 <p>30 second high knees (x2)</p>	 <p>Go for a Mindful Walk outdoors. Can you find a animal shaped cloud?</p>	 <p>Check out this week's Tips From the Summit</p>	 <p><a href="#">10 resistance band squats x2</a></p>	 <p>Fill out your Week 1 tracking form <a href="#">here</a></p>
 <p>Eat 5 total fruits &amp; veggies in one day</p>	 <p>20 second wallsit (x2)</p>	 <p><a href="#">10 resistance bands triceps extensions x2</a></p>	 <p>Go for 20 minute Walk/Run/Bike outdoors! Enjoy the weather!</p>	 <p><a href="#">Sign up</a> for the Healthy at Home Newsletter</p>
 <p><a href="#">10 resistance band deadlifts x 2</a></p>	 <p>Share a song that you would like to hear at next week's dance</p>	<p><b>FREE SPACE</b></p>	 <p><a href="#">Subscribe</a> to the PEAK Program YouTube</p>	 <p>30 second Butt-kicks (x2)</p>
 <p><a href="#">Sign up</a> for the PEAK Program Facebook Group</p>	 <p><a href="#">Work out</a> to the Fit 5 Level 1 Flexibility Video</p>	 <p>15 bicycles per side (x2)</p>	 <p>Drink 5 cups/bottles of water per day</p>	 <p><a href="#">10 resistance band lateral raises x2</a></p>

\*Click on the workout icon or click [here](#) for a video clips for each workout