

SOA PEAK PROGRAM

BINGO WEEK TWO



B	I	N	G	O
 <p>Eat 5 total fruits & veggies in one day</p>	 <p>20 seconds of flutter kicks (x2)</p>	 <p>Attend the PEAK Promenade Virtual Dance</p>	 <p>Go for a Mindful Walk outdoors. How many different types of flowers could you find?</p>	 <p>10 resistance band chest presses (x2)</p>
 <p>20 seconds of Lateral Shuffle (x2)</p>	 <p>Go for 20 minute Walk/Run/Bike outdoors! Enjoy the weather!</p>	<p>FREE SPACE</p>	 <p>10 resistance band front raises (x2)</p>	 <p>Check out this week's Tips From the Summit</p>
 <p>Apply to be featured in our athlete highlights!</p>	 <p>Drink 5 cups/bottles of water per day</p>	 <p>10 resistance band pull aparts (x2)</p>	 <p>Work out to the Fit 5 Level 1 Balance Video</p>	 <p>15 seconds of Toe Taps (x2)</p>
 <p>10 resistance band bicep curls (x2)</p>	 <p>Participate in Kiefer's lip sync challenge</p>	 <p>20 deadbugs per side (x2)</p>	 <p>Apply to be a PEAK Performer of the Week!</p>	 <p>Fill out your Week 2 tracking form here</p>

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