

SOA PEAK PROGRAM

BINGO WEEK SEVEN



B	I	N	G	O
 <p><u>20 resistance bands triceps extensions x2</u></p>	 <p>Share a photo with your favorite beverage</p>	 <p>Eat 5 total fruits & veggies in one day</p>	 <p>30 second plank (x2)</p>	 <p>10 Jumping jacks (x2)</p>
 <p>Check out this week's Tips From the Summit</p>	 <p>Go for 30 minute Walk/Run/Bike outdoors! Enjoy the weather!</p>	<p>FREE SPACE</p>	 <p>Participate in the <u>Special Olympics Canada - Canada Day Activities</u></p>	 <p>Share what songs you would like to hear at the Maple Leaf Mixer</p>
 <p>10 Sitting Twist (x2)</p>	 <p>Drink 5 cups/bottles of water per day</p>	 <p><u>20 resistance band squats x2</u></p>	 <p><u>Work out</u> to the Fit 5 Level 4 Flexibility Video</p>	 <p><u>20 resistance band lateral raises x2</u></p>
 <p>Share a photo of your best Tree yoga pose</p>	 <p><u>20 resistance band deadlifts x 2</u></p>	 <p>10 mountain climbers per side (x2)</p>	 <p>Go for a Mindful Walk outdoors. Could you see any wildlife?</p>	 <p>Fill out your Week 1 tracking form <u>here</u></p>

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