

SOA PEAK PROGRAM

BINGO WEEK THREE



B	I	N	G	O
 <p>15 mountain climbers per side (x2)</p>	 <p><u>Work out</u> to the Fit 5 Level 2 Flexibility Video</p>	 <p>Fill out your Week 3 tracking form <u>here</u></p>	 <p>Go for 25 minute Walk/Run/Bike outdoors! Enjoy the weather!</p>	 <p><u>15 resistance band lateral raises x2</u></p>
 <p>Check out this week's Tips From the Summit</p>	 <p>30 second plank (x2)</p>	 <p><u>15 resistance bands triceps extensions x2</u></p>	 <p>Drink 5 cups/bottles of water per day</p>	 <p>Share a photo in a red shirt on Red Shirt Day June 2</p>
 <p>Share a virtual high five photo with your fellow climbers</p>	 <p>Go for a Mindful Walk outdoors. Could you find a Ladybug or Butterfly?</p>	<h1>FREE SPACE</h1>	 <p><u>15 resistance band squats x2</u></p>	 <p>10 Sitting Twist (x2)</p>
 <p><u>15 resistance band seated rows x2</u></p>	 <p>Check out Sobey's Nutrition Session Recipe: <u>No Bake Coconut Energy Balls</u></p>	 <p>15 Jumping jacks (x2)</p>	 <p>Share a photo of your favorite Spring activity (ie. Chalk drawing or drinking lemonade).</p>	 <p>Eat 5 total fruits & veggies in one day</p>

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