

SOA PEAK PROGRAM

BINGO WEEK FOUR



B	I	N	G	O
 <p>Make a motionball video using these instructions</p>	 <p>Drink 5 cups/bottles of water per day</p>	 <p>Jog on the spot for 30 seconds</p>	 <p><u>15 resistance band front raises (x2)</u></p>	 <p>Check out this week's Tips From the Summit</p>
 <p>10 crunches (x2)</p>	 <p>Go for 25 minute Walk/Run/Bike outdoors! Enjoy the weather!</p>	<p>FREE SPACE</p>	 <p><u>Work out</u> to the Fit 5 Level 2 Balance Video</p>	 <p>Participate in Justin's Week Four challenge</p>
 <p>Fill out your Week 4 tracking form here</p>	 <p><u>Design a logo</u> to go on the shirts for the 2021 Virtual Summer Series</p>	 <p><u>15 resistance band pull aparts (x2)</u></p>	 <p>Go for a Mindful Walk outdoors. Do you notice any specific smells?</p>	 <p>15 Cat-Cow stretches (x2)</p>
 <p>Do speed skaters for 30 seconds</p>	 <p><u>15 resistance band chest presses (x2)</u></p>	 <p>Eat 5 total fruits & veggies in one day</p>	 <p>Sign up FOR FREE to the 2021 <u>Virtual Summer Series</u></p>	 <p><u>15 resistance band bicep curls (x2)</u></p>

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