

# SOA PEAK PROGRAM

## BINGO WEEK FIVE



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 <p><u>15 resistance band deadlifts x 2</u></p>	 <p>Go for a Mindful Walk outdoors. Did you hear any interesting sounds or bird calls?</p>	 <p>Submit questions for the Edmonton Police Service <a href="#">here</a></p>	 <p>Drink 5 cups/bottles of water per day</p>	 <p>20 bicycles per side (x2)</p>
 <p>45 second high knees (x2)</p>	 <p><u>Work out</u> to the Fit 5 Level 3 Flexibility Video</p>	 <p><u>15 resistance bands triceps extensions x2</u></p>	 <p>20 second wallsit (x2)</p>	 <p>Fill out your Week 5 tracking form <a href="#">here</a></p>
 <p>Make a Father's Day post acknowledging the people in your life who have made a difference</p>	 <p>Check out Heath Messenger Damion's podcast <a href="#">here</a></p>	<h1>FREE SPACE</h1>	 <p><u>15 resistance band squats x2</u></p>	 <p>45 second Butt-kicks (x2)</p>
 <p>Eat 5 total fruits &amp; veggies in one day</p>	 <p>Create a video for VSS Blitz Weekend <a href="#">Click here</a> for instructions</p>	 <p>Check out this week's Tips From the Summit</p>	 <p>Go for 25 minute Walk/Run/Bike outdoors! Enjoy the weather!</p>	 <p><u>15 resistance band lateral raises x2</u></p>

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