

SOA PEAK PROGRAM

BINGO WEEK SIX



B	I	N	G	O
 <p>Fill out your Week 1 tracking form here</p>	 <p>Go for 25 minute Walk/Run/Bike outdoors! Enjoy the weather!</p>	 <p>Participate in Peyton's Dance Challenge</p>	 <p>Work out to the Fit 5 Level 3 Balance Video</p>	 <p>15 resistance band seated rows x2</p>
 <p>Check out this week's Tips From the Summit</p>	 <p>Share a photo of your favourite summer pastime</p>	 <p>20 seconds of Lateral Shuffle (x2)</p>	 <p>15 resistance band chest presses (x2).</p>	 <p>Eat 5 total fruits & veggies in one day</p>
 <p>15 deadbugs per side (x2)</p>	 <p>15 resistance band bicep curls (x2).</p>	<p>FREE SPACE</p>	 <p>Go for a Mindful Walk outdoors. Can you find any art in your community?</p>	 <p>20 seconds of Toe Taps (x2)</p>
 <p>Rock a pair of sunglasses and share your first summer selfie!</p>	 <p>Drink 5 cups/bottles of water per day</p>	 <p>15 resistance band pull aparts (x2).</p>	 <p>20 seconds of flutter kicks (x2)</p>	 <p>Share a photo of your best warrior yoga pose</p>

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