

SOA PEAK PROGRAM

BINGO WEEK EIGHT



B	I	N	G	O
 <p>Check out this week's Tips From the Summit</p>	 <p>Share a photo of you in a cool hat</p>	 <p>Jog on the spot for 1 minute</p>	 <p><u>20 resistance band chest presses (x2).</u></p>	 <p>Eat 5 total fruits & veggies in one day</p>
 <p><u>Attend</u> the Maple Leaf Mixer Virtual Dance</p>	 <p>Go for a Mindful Walk outdoors. Stop to appreciate nature.</p>	 <p>15 crunches (x2)</p>	 <p>Drink 5 cups/bottles of water per day</p>	 <p><u>20 resistance band seated rows x2</u></p>
 <p>15 Cat-Cow stretches (x2)</p>	 <p><u>20 resistance band bicep curls (x2).</u></p>	<p>FREE SPACE</p>	 <p><u>Work out</u> to the Fit 5 Level 4 Balance Video</p>	 <p>Complete Courtney's Painting Challenge</p>
 <p>Fill out your Week 8 tracking form <u>here</u></p>	 <p>Share a photo showing how you celebrated reaching your PEAK!</p>	 <p><u>20 resistance band pull aparts (x2).</u></p>	 <p>Go for 30 minute Walk/Run/Bike outdoors! Enjoy the weather!</p>	 <p><u>Fill out</u> the PEAK 3.0 Feedback Form</p>

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