

SOA PEAK PROGRAM

BINGO WEEK FOUR



B	I	N	G	O
 <p>15 penguins exercise (x2)</p>	 <p><u>15 resistance band standing calf raises (x2)</u></p>	 <p>Go for a 30 Mindfulness walk and explore nature</p>	 <p>Share a selfie with your biggest smile for World Smile Day</p>	 <p><u>Complete this workout by SO athlete Ashley and her brother Alex</u></p>
 <p>Make a Thank You Sobeys, Safeway, IGA & Safeway Fuel sign for raising funds for SOA</p>	 <p>15 jumping jacks (x2)</p>	<p>FREE SPACE</p>	 <p><u>15 resistance band lateral raises x2</u></p>	 <p>15 Sitting Twist (x2)</p>
 <p><u>20 resistance band chest presses (x2)</u></p>	 <p>Share a selfie in a red shirt for Red Shirt Day on June 1</p>	 <p><u>15 resistance band diagonal pulls (x2)</u></p>	 <p>Record a video with a message for your fellow climbers on Say Something Nice Day!</p>	 <p>Eat 5 total fruits & veggies in one day</p>
 <p>Drink 5 cups/bottles of water per day</p>	 <p><u>Check out Sobeys Nutrition Corner: Canada's Food Guide</u></p>	 <p><u>10 resistance bands Lateral walk steps (x2)</u></p>	 <p>Jog on the spot for 45 seconds</p>	 <p>Take a picture of you doing any activity outdoors</p>

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