

SOA PEAK PROGRAM

BINGO WEEK ONE



B	I	N	G	O
 <p>30 second wall sit (x2)</p>	 <p>10 resistance band seated calf press (x2)</p>	 <p>Complete this workout by SO athlete Ashley and her brother Alex</p>	 <p>15 Frog Jumps</p>	 <p>Go for a 30 Mindfulness walk and explore nature</p>
 <p>10 resistance band lat pull downs (x2)</p>	 <p>15 resistance band squats x2</p>	 <p>Share a photo of you giving someone a high five!</p>	 <p>Drink 5 cups/bottles of water per day</p>	 <p>Check out Sobeyes Nutrition Corner: Kitchen and Food Safety.</p>
 <p>Take a picture of you doing any activity outdoors</p>	 <p>45 seconds of Lateral Shuffle (x2)</p>	<p>FREE SPACE</p>	 <p>15 sit-ups (x2)</p>	 <p>Craft an LETR Thank You sign & share a picture</p>
 <p>Eat 5 total fruits & veggies in one day</p>	 <p>Take part in National Clean Your Room Day</p>	 <p>15 resistance band bicep curls (x2)</p>	 <p>Register for Social Club sessions</p>	 <p>15 resistance band seated rows x2</p>

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