

# SOA PEAK PROGRAM

## BINGO WEEK SIX



B	I	N	G	O
 <p>20 deadbugs per side (x2)</p>	 <p><u>15 resistance bands triceps extensions x2</u></p>	 <p>30 seconds of bear crawls (x2)</p>	 <p>Share a unique flag and have climbers guess which country it is for Flag Day!</p>	 <p>Drink 5 cups/bottles of water per day</p>
 <p><u>15 resistance band deadlifts x 2</u></p>	 <p>Share a photo with your dad or someone who inspires you for Father's Day</p>	<p><b>FREE SPACE</b></p>	 <p>Share a picture of your favourite bird</p>	 <p>10 inchworms (x2)</p>
 <p><u>Check out Sobeyes Nutrition Corner: Shop Your Grocery Store</u></p>	 <p><u>15 resistance band standing calf raises (x2)</u></p>	 <p><u>10 resistance bands External Shoulder Rotation x2</u></p>	 <p>Eat 5 total fruits &amp; veggies in one day</p>	 <p><u>15 resistance bands upright rows (x2)</u></p>
 <p>Go for a 30 Mindfulness walk and explore nature</p>	 <p>Have a picnic or share what you would bring for a picnic!</p>	 <p>Take a picture of you doing any activity outdoors</p>	 <p><u>Complete this workout by SO athlete Ashley and her brother Alex</u></p>	 <p>30 second plank (x2)</p>

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