

# SOA PEAK PROGRAM

## BINGO WEEK SEVEN



B	I	N	G	O
 <p><u>20 resistance band pull aparts (x2).</u></p>	 <p><u>10 resistance band seated calf press (x2)</u></p>	 <p>Post your song recommendations for the dance next week</p>	 <p>Drink 5 cups/bottles of water per day</p>	 <p><u>10 Resistance Band Overhead Press (x2)</u></p>
 <p>Share your favourite yoga video for International Yoga Day</p>	 <p><u>20 resistance band front raises (x2)</u></p>	 <p>Share a photo of your favorite kind of flower</p>	 <p>National Selfie Day - Share a selfie!</p>	 <p>45 second Butt-kicks (x2)</p>
 <p>Go for a 30 Mindfulness walk and explore nature</p>	 <p><u>Check out Sobeys Nutrition Corner: Healthy Kitchen Cupboard</u></p>	<p><b>FREE SPACE</b></p>	 <p>15 shin touches (x2)</p>	 <p>Take a picture of you doing any activity outdoors</p>
 <p><u>20 resistance bands lunges (x2).</u></p>	 <p>15 standing bicycle crunches (x2)</p>	 <p>40 second high knees (x2)</p>	 <p>Eat 5 total fruits &amp; veggies in one day</p>	 <p><u>Complete this workout by SO athlete Ashley and her brother Alex</u></p>

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