

SPRING BINGO

Member Name: _____

<p>Perform 10 Push Ups</p> <p>Date: _____</p>	<p>Perform 20 Walking Lunges with weight</p> <p>Date: _____</p>	<p>Try a <i>new</i> fitness class by signing up online</p> <p>Date: _____</p>	<p>Complete 10 Super Burpees (push up + box jump/step up)</p> <p>Date: _____</p>	<p>Complete 10 Pull Ups or Dips (can use assistance)</p> <p>Date: _____</p>
<p>Use one of the new treadmills for 10 minutes</p> <p>Date: _____</p>	<p>Try one of our Certified Personal Trainers favorite exercises*</p> <p>Date: _____</p>	<p>Try 2 Kettlebell exercises</p>  <p>Date: _____</p>	<p>Try 6 Plank Dumbbell Drag Through</p> <p>Date: _____</p>	<p>Perform 10 Bosu Balance Squats</p>  <p>Date: _____</p>
<p>Do the figure 4 stretch (30 sec./leg)</p> <p>Date: _____</p>	<p>Stretch your wrist 2 times during your day and 1 time with a staff member</p> <p>Date: _____</p>	<p>Rest Day</p> <p>Date: _____</p>		<p>Stretch your hip flexors and quads (30 sec./leg)</p> <p>Date: _____</p>
<p>Make time for 7+ hours of sleep or time spent in bed</p> <p>Date: _____</p>	<p>Try the battle ropes for >10 sec.</p>  <p>Date: _____</p>	<p>Drink 8 cups of water in one day</p> <p>Date: _____</p>	<p>Bring a new friend to try out the facility (must fill out consent form)</p> <p>Date: _____</p>	<p>Try the landmine for 2 different exercises</p> <p>Date: _____</p>
<p>Cycle on a bike of choice for 10 minutes</p> <p>Date: _____</p>	<p>Skip rope for 3-5 minutes</p>  <p>Date: _____</p>	<p>Complete 500 meters on the rowing machine</p> <p>Date: _____</p>	<p>Track 10,000 steps on a device for one day</p> <p>Date: _____</p>	<p>Ask Karen (RMT): What systems of the body are affected by massage?</p> <p>Date: _____</p>

2 squares maximum per day!

Ask Paul, Ray-ann, Kory or Cameron for help with the task or for a modification!
*See fitness board for more information



WESTERN CANADIAN PLACE
FITNESS CENTRE