




INTERMEDIATE LEVEL



FITNESS  
B I N G O

12	9	15	21	22
17	5	24	6	13
1	20		10	3
19	2	16	8	23
18	11	4	14	7

Turn in completed bingo card to  
Physical Fitness Center, Wolf's Lair, or Last Frontier  
by May 31 to be entered to win!

INTERMEDIATE LEVEL

FITNESS  
BINGO

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

For MWR Staff use.

Date Turned In: \_\_\_\_\_

Total number of line Bingos (Horizontal, vertical, & diagonal): \_\_\_\_\_

Location turned into: LFCAC    PFC    Wolf’s Lair

HOW TO PLAY

- 1) Go to Physical Fitness Center, Bldg 3709, Wolf’s Lair, Bldg 3439, or LFCAC, Bldg 1044
- 2) Ask a Staff Member to validate your Fitness Bingo Workout(s)
- 3) Complete your workout(s)
- 4) Have the Staff Member initial the corresponding Bingo Number(s) to the completed workout(s)
- 5) Repeat until you complete a Bingo! Every Bingo you complete = 1 entry to win a Fitbit or TRX kit. Total of 12 entries per completed Bingo card.
- 6) Turn in your completed Bingo Card with Name & Phone Number to Physical Fitness Center, Wolf’s Lair, or LFCAC by May 31

WORKOUTS

- 1. 2 mile run
- 2. 5 Farmers Carry (there and back =1)
- 3. 7 mile bike ride
- 4. 10 25m sprints
- 5. 10 Turkish get-ups
- 6. 10 pull-ups
- 7. 20 box jumps
- 8. 20 ball slams
- 9. 25 Burpees
- 10. 25 deadlifts
- 11. 25 wall balls
- 12. 25 dumbbell shoulder presses
- 13. 25 hand-release push-ups
- 14. 25 plank jacks
- 15. 25 bicep curls
- 16. 30 Russian Twists
- 17. 30 rope slams
- 18. 50 kettlebell swings
- 19. 50 side lunges
- 20. 50 sit-ups
- 21. 60 flights of stairs (Washington Monument)
- 22. 100 jump ropes
- 23. 200 squats
- 24. 2500m row