



EXPERT LEVEL



FITNESS B I N G O

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

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

EXPERT 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. 5k run
- 2. 10 Farmers Carry (there and back =1)
- 3. 10 mile bike ride
- 4. 20 25m sprints
- 5. 20 Turkish get-ups
- 6. 25 pull-ups
- 7. 50 Burpees
- 8. 50 deadlifts
- 9. 50 box jumps
- 10. 50 wall balls
- 11. 50 dumbbell shoulder presses
- 12. 50 hand-release push-ups
- 13. 50 plank jacks
- 14. 50 bicep curls
- 15. 50 ball slams
- 16. 50 Russian twists
- 17. 50 rope slams
- 18. 100 kettlebell swings
- 19. 100 side lunges
- 20. 100 sit-ups
- 21. 103 flights of stairs (Willis Tower)
- 22. 200 jump ropes
- 23. 500 squats
- 24. 5000m row