



BEGINNER LEVEL



FITNESS B I N G O

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

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

BEGINNER 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. 1 mile walk/run
- 2. 2 Farmers Carry (there & back =1)
- 3. 5 mile bike ride
- 4. 5 25m sprints
- 5. 8 assisted/TRX pull-ups
- 6. 10 get-up sit-ups
- 7. 10 Burpees
- 8. 15 dumbbell shoulder presses
- 9. 15 hand-release push-ups
- 10. 15 ball slams
- 11. 15 deadlifts
- 12. 15 bicep curls
- 13. 16 box steps-ups
- 14. 16 wall balls
- 15. 20 plank jacks
- 16. 20 Russian Twists
- 17. 20 rope slams
- 18. 25 kettlebell swings
- 19. 30 side lunges
- 20. 30 sit-ups
- 21. 24 flights of stairs (Statue of Liberty)
- 22. 50 jump ropes
- 23. 80 squats
- 24. 1000m row