

# Basin Bingo Challenge

Pick 5 Exercises per day and make a Bingo! Do each exercise for 1 minute, then rest for 10 seconds in between. After 5 Exercises, do 2 minutes of cardio (jumping jacks, jump rope, gliders, mountain climbers, burpees, high knees, or marching! Try and complete 2-3 bingo's.

SQUATS	PUSHUPS	SIT UPS	STATIONARY SPLIT LUNGE	ARM CIRCLES
SUMO SQUAT	TRICEP DIPS	PLANK	SIDE LUNGE	BURPEES
WAL SIT	BICEP CURLS	FREE: WARM UP & COOL DOWN	ALTERNATING FRONT LUNGE	OVERHEAD CHEST PRESS
STANDING LEG LIFTS	WIDE ARM PUSHUP	SIDE PLANK (EACH SIDE)	LUNGE TO KNEE LIFT	CROSS CHEST PUNCHES
SQUAT JUMPS	PLANK WITH SHOULDER TAP	CRUNCHES	DONKEY KICKS	PUSHUPS



**B A S I N**  
RECREATION