


MOVE IT MONDAY BINGO

DO 10 JUMPING JACKS	DO ONE REALLY GOOD PUSHUP	PUNCH YOUR ARMS FOR 30 SECONDS	ROLL YOUR SHOULDERS 10 TIMES	RACE SOMEONE TO THE MAILBOX
RUN AS FAST AS YOU CAN	DO 20 CRUNCHES	SHAKE IT OUT FOR ONE MINUTE	DO 30 SECONDS OF HIGH KNEES	TRY TO TOUCH YOUR TOES
JUMP AS HIGH AS YOU CAN THREE TIMES	ONE-MINUTE DANCE PARTY		ONE-MINUTE PLANK	DO GOTG HOPSCOTCH CHALLENGE
DO 10 SQUATS	PRACTICE YOUR FAVORITE SPORT	GO FOR A LONG WALK	JOG IN PLACE	DO 10 LUNGES
DO YOUR FAVORITE STRETCH FOR 30 SECONDS	CRAB WALK AS FAR AS YOU CAN	DRINK A WHOLE BOTTLE OF WATER	JUMP ROPE FOR AS LONG AS YOU CAN	TAKE 10 DEEP BREATHS

