

Gymnastics

BINGO

Fitness

Challenge



The name of the game is BINGO! You must get five in a row. Up and down, across, or diagonal. Pick which challenges in a row you want to complete today and get to work! Complete five fitness challenges in a row by the end of the day. Are you **HGA STRONG** enough to accept this challenge?



Hunt's
Gymnastics
Academy

Do 10 push-ups every hour until bed time.	Practice leaps for 10 minutes.	Stretch all 3 splits	Do 20 minutes of yoga	Do 30 jumping jacks every hour until bedtime.
Hold a 1 minute wall sit 3x.	Get a family member to try your fitness BINGO challenge with you.	20 Jump squats 2x	10 split jumps 10 straddle jumps 10 pike jumps	Practice half/full turns for 10 minutes
Hold a 30 second hollow hold 3x	Arch rock for 30 seconds 3x	Do 10 bridge kicks Repeat 2x	Practice handstands (parent supervision)	Practice jumps for 10 minutes
Create your own floor routine!	10 tuck jumps 10 jump full turns 10 tuck half turn jumps	Work on pivots and squat turns For 10 minutes	Stretch for 10 minutes	20 shoulder taps Repeat 2x
30 russian twists Repeat 2x	Run in place high knees for 1 minute Repeat 3x	Do 10 push-ups every hour until bed.	Do 10 sit-ups every hour until bed.	Hold a bridge for 10 secs 3x