

# trying new workouts bingo

|                                  |                     |                                    |                                      |                          |
|----------------------------------|---------------------|------------------------------------|--------------------------------------|--------------------------|
| SWIMMING                         | PILATES             | KICKBOXING                         | 1KM RUN                              | STRENGTH TRAINING (LEGS) |
| STRENGTH TRAINING (CHEST & BACK) | STRETCHING          | CYCLING                            | HIKING                               | PLAY A BALL SPORT        |
| YOGA                             | PLAY A RACKET SPORT | FREE SPACE                         | AEROBICS                             | JUMP ROPE                |
| 3KM RUN                          | JOGGING             | STRENGTH TRAINING (ABS & OBLIQUES) | DANCE                                | HIIT                     |
| WALKING                          | WEIGHTLIFTING       | ROCK CLIMBING                      | STRENGTH TRAINING (ARMS & SHOULDERS) | BARRE                    |