



COACH MANALO'S PE BINGO



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| <u>15 pushups</u> | <u>20 Sit-ups</u> | <u>30 mountain CLIMBERS</u> | <u>50 JUMPING JACKS</u> | OFFER TO DO A CHORE AT HOME |
| <u>30 HIGH-KNEES</u> | <u>DO A "BUTTERFLY STRETCH" FOR 45 SECONDS</u> | <u>PLAY "DRAGON TAILS"@ HOME</u> | PLAY A SPORT SAFELY | <u>DO 30 "ARM CIRCLES"</u> |
| <u>20 HEEL FLICKERS</u> | <u>15 pushups</u> | <u>VISIT COACH M'S WEBSITE!</u> | <u>DO COACH M'S "DYNAMIC WARM-UP"</u> | <u>DO COACH M'S "CUPID SHUFFLE"</u> |
| TELL SOMEONE SOMETHING POSITIVE! | GIVE SOMEONE AT HOME A HUG | <u>50 JUMPING JACKS</u> | <u>DO COACH M'S "TIC-TAC-EXERCISE"</u> | <u>30 mountain CLIMBERS</u> |
| <u>50 JUMPING JACKS</u> | <u>PLAY COACH M'S "PUSH-UP HOCKEY"</u> | <u>DO COACH M'S "CHA CHA SLIDE"</u> | <u>RUN IN PLACE FOR 1 MINUTE</u> | EAT 3 HEALTHY SNACK IN ONE DAY |

5 IN A ROW WINS!

IF YOU DO NOT KNOW HOW TO DO ONE OF THE BOXES, JUST VISIT COACH MANALO'S WEBSITE AND THERE ARE VIDEOS TO TEACH YOU!