



## REVEAL YOUR CHAMPION '22

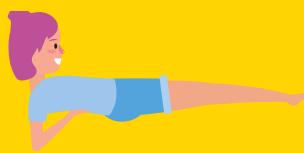
# MARCH BINGO



Share a fact about your favourite sea animal



Draw an underwater landscape




Flutter kicks for 30 seconds (x2)



10 Push Ups (x2)



10 reps resistance band chest press



10 Squats (x2)



Free Square!



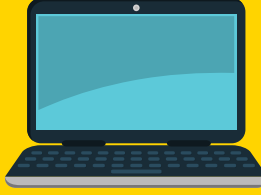
10 reps resistance band lateral raises



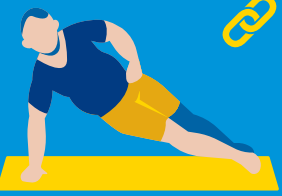
10 crossover crunches per side



Eat 5 fruits and vegetables



Attend a live event



Hold a side plank for 30 seconds each side



Drink 5 glasses of water



Take 5 minutes to reflect on your week



Take a selfie of your best fish face



Complete all challenges for the week

-  - post your answer to Facebook group
-  - instruction video
- 4 corners - 10pts
- 1 line - 25pts
- 2 lines - 50 pts
- full card - 100 pts

