

BASKETBALL BINGO

Dribble a basketball with your non-dominant hand for 1 minute	Complete 4 "suicide" Sprints	Make 1 half-court shot	25 non-dominant hand basketball lay ups	30 Mountain Climbers
Make 10 free throws	20 Minute Bike Ride	Sprint 60 Feet	10 Burpees	Make 15 jump shots from both sides of the key
25 High Knees x 3	60 Jumping Jacks	Jog 1 Mile	1 Minute Wall Sit x 3	Dribble a basketball for 20 seconds with your eyes closed
25 Jumping Jacks	Make 10 free throws in a row	1 Minute Side Plank Each Side	25 Sit-Ups	Make 5 3-pointers in a row
Dribble 2 basketballs at the same time for 90 seconds	45 Jumping Jills	30 Arm Circles – Both Sides	10 dominant hand lay ups in a row	10 Minute Bike Ride