

# FOOTBALL BINGO

<p>Sprint 60 Feet</p>	<p>Half Turns 2x10 reps each side</p>	<p>25 Sit-Ups</p>	<p>30 Arm Circles – Both Sides</p>	<p>1 Minute Wall Sit x 3</p>
<p>2 Minute Obstacle Jumps</p>	<p>Roll Backs 2x15 each hand</p>	<p>10 Ball Push-Ups</p>	<p>60 Jumping Jacks</p>	<p>20 Counter clockwise Football Hand Circles</p>
<p>Hand Flips between legs x 45</p>	<p>Football Juggle 30 seconds x 3</p>	<p>Back Drops 2x10</p>	<p>25 Clockwise Football Hand Circles</p>	<p>20 Minute Bike Ride</p>
<p>Monkey Roll for 30 seconds x 4</p>	<p>10 Burpees</p>	<p>Wall Bounce for 90 seconds</p>	<p>30 Mountain Climbers</p>	<p>Ball Squeeze 2x30 Seconds</p>
<p>25 “Take Off” quick 5-yard runs</p>	<p>25 High Knees x 3</p>	<p>Bird Dog x 25</p>	<p>Back Claps 2x20</p>	<p>Jog 1 Mile</p>