

VOLLEYBALL BINGO

Set the ball for 90 seconds on your back	Complete 4 "suicide" Sprints	Jog 1 Mile	Serve for 3 sets of 20	30 Arm Circles – Both Sides
45 Jumping Jills	25 Jumping Jack	Pass Against the Wall 30x	Sprint 60 Feet	25 High Knees x 3
Toss the ball HIGH for 90 Seconds	30 Mountain Climbers	10 Minute Bike Ride	1 Minute Wall Sit x 3	60 Jumping Jacks
20 Minute Bike Ride	10 Burpees	Squat & Press: Two-step back and forth 2 minutes x2	1 Minute Side Plank – Each Side	Communicate - Call out MINE for one minute while side shuffling
Do 30 Sets Against the Wall	25 Sit-Ups	Squat & Press: Cross-Over Step 3 minutes	Do 20 sets back and forth with a partner (the ball cannot hit the floor)	Toss – Pass – Catch for 1-minute x 3