

Advent Christmas Bingo Card – how many can you tick off in December!

<p>Christmas lights Selfie</p> 	<p>Exercise with a buddy (1 to 1)</p> 	<p>Run / walk / cycle up a hill</p> 	<p>Abs Session</p> 
<p>25 Star Jumps</p> 	<p>1 minute Plank</p> 	<p>Exercise in your favourite Kit</p> 	<p>10 Lunges on each leg</p> 
<p>Selfie with Santa</p> 	<p>Exercise before 8am</p> 	<p>Run, Walk, Cycle</p> <p>5K</p> <p>YOUR WAY</p>	<p>15 Sit ups</p> 
<p>With Weights / Tins of beans</p> 	<p>50 squats</p> 	<p>In the Rain</p> 	<p>10 Burpees</p> <p>Burpees</p> 
<p>Yoga session</p> 	<p>HITT session</p> 	<p>25 Mountain climbers</p> 	<p>FANCY DRESS</p> 
<p>Run, Walk, Cycle</p> <p>10K</p> <p>YOUR WAY</p>	<p>Body Coach Work out</p> 	<p>Exercise with a Pet</p> 	<p>10 Press ups</p> 