

STRICTLY FITNESS BINGO

At Home

50 Burpees	5km walk/run	30 min Yoga <u>HERE.</u>	Weight-train before work	Pilates Class <u>HERE</u>
20 pushups 20 squats 20 situps	45 min Bootcamp Class <u>HERE</u>	20 minute stretch <u>HERE</u>	10km walk/run	Plank 1:00min x3
Outdoor Walk/Run	30 min HIIT Class <u>HERE</u>	15 minute Stretch Break DURING work <u>HERE</u>	Learn a new exercise for Core	Resistance Train for 45 min.
Bring Sally Up - Squats	5:00min Jump Rope	10 lunges 10 pike pushups 10 leg raises 10 star jumps	Walk 10,000 steps 3 days in a row	45 min Yoga <u>HERE</u>
Relax Yoga before bed <u>HERE</u>	20 squats 20 lunges 20 broad jumps 20 side lunges	1:00min of each: bicycle crunches leg raises toe touches	Take 3 mini walk breaks (5mins each)	Sport for exercise (squash, hockey, cycling etc.)

Complete as many boxes as you can during the month of November. Add a picture to each completed box and send back to hsbcfitness@epicinvestmentservices.com by November 30th for your chance to win!