CONDITIONING BINGO

To Prepare & Play:

1. Edit the conditioning exercises as you see fit! Currently it's set up so that each letter column focuses on something different (arms, legs, core, cardio & active flexibility).
2. Edit the # of reps. Currently there are two numbers - one above and one below the exercise listed. Depending on the group, you can choose more reps (number below) or less reps (number above). This allows you to use the same card for multiple groups.
3. Print!
4. Consider laminating multiple copies. Use a dry-erase marker to check off the completed exercises, then erase when done! Alternatively place in a plastic paper sleeve.
5. To play, give the athletes a challenge (i.e. make a horizontal line, X, four corners, chevron, full card, etc) -- when they complete an exercise they check it off. Once they complete the challenge, they get "Bingo!"

CONDITIONING

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| B | I | N | G | O |
| 3  **Chin Ups**  5 | 10  **Lunges  (both sides)**  15 | 30 sec  **Hollow body rocks**  60 sec | 4 lengths  **Sprints**  8 lengths | 10  **Forward leg kicks (both legs)**  15 |
| 10  **P-Bar dips**  15 | 10  **One-leg stand ups (from block)**  15 | 30 sec  **Side rocks  (both sides)**  45 sec | 40  **Jumping Jacks**  80 | 10  **Side leg kicks (both legs)**  15 |
| 10  **Tri-cep dips**  20 | 60 sec  **Wall Sit**  90 sec | COACH'S  CHOICE | 2 x 10  **Consecutive tuck jumps**  4 x 10 | 10  **Back leg kicks (both legs)**  15 |
| 10  **Push Ups**  15 | 20  **Heel raises**  30 | 10  **V-Snaps  (or tuck ups)**  15 | 45 sec  **Mat jumps**  90 sec | 2 x 15 sec  **Bridge**  3 x 15 sec |
| 10 sec  **Chin hold**  20 sec | 20  **Squats**  30 | 10  **Sit Ups**  20 | 45 sec  **Mat jogging**  90 sec | 2 lengths  **Pike walks**  4 lengths |

