



# FITNESS

**B**

**I**

**N**

**G**

**O**

Plank hold  
3 x 60 secs  
Plank hold  
3 x 45 secs  
Plank hold  
3 x 20 secs

Walk 20  
minutes for  
7 days in a row

100 press ups  
in 1 day  
50 press ups  
in 1 day  
20 press ups  
in 1 day

10 minutes  
of stretching

10 x 400m run  
1 min rest  
7 x 400m run  
90 sec rest  
5 x 400m run  
2 min rest

10 x 150m hill  
sprints/walk  
recovery  
8 x 150m hill  
sprints/walk  
recovery  
6 x 150m hill  
sprints/walk  
recovery

Run 1 mile,  
complete 100  
press ups, 100 sit  
ups, 100 squats  
Run 800m,  
complete 50  
press ups, 50 sit  
ups, 50 squats  
Run 800m  
complete 25 wall/  
couch press ups,  
25 sit ups, 25  
squats

30 secs work  
30 secs rest;  
squats, Plank  
holds, Press ups,  
lunges, jumping  
jacks  
x 5, x 3, x 2  
of each exercise  
before moving on

10 rounds of: 20  
lunges, 10 plyo  
press ups, 10  
squat jumps  
8 rounds of 10  
lunges, 5 wall/  
couch press ups,  
10 squats

Run 1 mile,  
complete 100  
press ups, 100 sit  
ups, 100 squats  
Run 800m,  
complete 50  
press ups, 50 sit  
ups, 50 squats  
Run 800m  
complete 25 wall/  
couch press ups,  
25 sit ups, 25  
squats

Eat at least 5  
portions of fruit  
or veg every  
day for a week

As many press  
ups as possible  
in 2 mins, 1 min,  
30 secs

Complete 15  
minutes of  
online yoga

Stretch every  
day for 7 days  
in a row

Set a short term,  
medium term and  
long term fitness goal  
and write it down

Complete as  
many burpees  
as possible in  
3 mins, 2 mins,  
1 min

Cycle for 1 hour,  
45 mins, 30 mins  
(if you don't have  
a bike run or  
walk instead)

Challenge at least  
one friend or  
family member to  
see who completes  
exercise bingo card  
first.

30 minutes of  
exercise every  
day for 2 weeks

Run 5km,  
Run 2 mins/  
walk 2 mins  
for 20 mins

Start an  
exercise diary

Walk 30 mins

Read 1 new  
health or fitness  
journal, article  
or blog etc.

Meditate/  
practice  
mindfulness for  
5 minutes

Set a new  
personal best  
for this year for  
5km run time