

WORKOUT BINGO

MAY 2026



See how many BINGO's you can get this month! Get bingo by crossing off 5 of the challenges horizontally, vertically, or diagonally. The goal is to do each exercise/stretch for 5 min or 50 reps. Break it up into sets or do over several days. Each time you get a BINGO send us an email or tag us @risegirlprogram so we can celebrate with you!

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|--|---------------------------|-----------------------------|------------------|-----------------|--------------------------------|--|
| | Sit Up Punches | Shoulder Taps | Lunges | V-sit Twists | Stretch: Downward Dog | |
| | Stretch: Happy Baby | Bicycle Crunches | Jumping Jacks | Donkey Kicks | Squats | |
| | Plie Squats | Skaters | YOUR CHOICE | Planks | Dead Bugs | |
| | Mountain Climbers | Bird Dogs | Run In Place | Leg Raises | Scissor Kicks | |
| | Chair Dips | Stretch: Child's Pose | Froggy Squats | Push- Ups | High Knees or Heel Kicks | |

Click on each exercise to see a short video on how to do them!