

Strength Bingo



The Bible repetitively talks about the amazing strength of the Lord, but He also calls us to be strong. Having the physical strength to complete tasks asked of us can be a way of showing respect to God. Proverbs 31:17 says, "She sets about her work vigorously; her arms are strong for her tasks."



How To:

Complete two Bingos a week (five across, down or diagonal) this month.



Another Approach:

Try to complete more than two bingos or even a blackout each week. You can always increase or decrease the time or the reps of each exercise to fit your needs.



Double down:

Listen to your favorite Christian artist while you work out to remind you of His Grace when you are all out of gas.

Strength Bingo Challenge				
30 sec. Wall-sit	20 Lunges	20 Jumping jacks	20 Squats	1 min. Jog in place
20 Burpies	20 Sit-ups	20 Leg lifts	20 Bicep curls	20 Push-ups
Grapevine down and back x5	20 Mountain climbers	20 sec. Forward plank	20 Calf raises	20 High knees
20 sec. Arm rotations	30 sec. Side planks	20 Bicycle crunches	20 Butt kicks	Crab walk down and back x3
20 Crunches	30 sec. Superman hold	20 Tuck jumps	20 Inch worms	20 Flutter kicks