

BINGO



<p>Watch a Video On Rowing, Skiing or Biking</p>	<p>20 BURPEES</p>	<p>10,000m on an ERG</p>	<p>2 Pyramids (2 minute rest between each)</p>	<p>10 min Play the Fish Game on the Erg</p>
<p>30 sec PLANK</p>	<p>5000m on an ERG</p>	<p>2 rounds 10 Min Erg and 2 min rest</p>	<p>30 SIT-UPS</p>	<p>100m on an ERG</p>
<p>2000m on an ERG</p>	<p>Play song Put on your favorite song and work out through all of it!</p>		<p>3 Sprint Runs (around your house, to the mailbox, somewhere safe)</p>	<p>20 min on an ERG</p>
<p>10 min on an ERG</p>	<p>5 rounds 2 Min Erg and 1 min rest</p>	<p>25 SQUATS</p>	<p>Try a Podcast As The Flywheel Spins: The Concept2 Workout Podcast</p>	<p>1000m on an ERG</p>
<p>250m Sprint on an ERG</p>	<p>30 Lunges</p>	<p>5000m Power Ten 10 hard strokes, pulls or pedal pushes</p>	<p>200m x YOUR AGE</p>	<p>Clean your Erg</p>

BINGO Grades 6-12

GLOSSARY

m = meters

sec = seconds

min = minutes

Burpee = Start with a jump up, then drop to a plank, add a push-up, and then jump back up.

Plank = Elbows on floor and balanced on your toes. Your back should be straight and your butt squeezed tight, and hold this position.

Lunges = Keep your upper body straight, with your shoulders back and relaxed and chin up (pick a point to stare at in front of you so you don't keep looking down). Always engage your core.

Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle.

Squat = Stand with feet shoulder's width apart, and do deep knee bends. Make sure keep your knees behind your toes and your arms out straight.

Power Ten = Ten hard strokes on the RowErg, pulls on the SkiErg or revolutions on the BikeErg.

Pyramids = 100m/rest/200m/rest/300m/rest/400m/rest/200m/rest/100m (Feel free to "peak" at a distance you're comfortable with.) Total = 1000m.

Clean Your Erg =

concept2.com/news/how-to-clean-concept2-equipment

Concept2 Podcast, As the Flywheel Spins =

concept2.com/indoor-rowers/training/workout-podcast

Compare Your Workout to the Concept2 Kids' Rankings:

log.concept2.com/rankings