

ALPHABET FITNESS BINGO

How many words on the grid can you complete during the next 35 days?

1. Each day we will post on Instagram and the Rec Website, the word of the day.
2. Locate and discuss the meaning of the Word of the Day on the calendar.
3. Match each letter of the word to the “Alphabet Fitness Key” to determine your workout.
4. Complete the Workout of the Day.
5. Have an adult record you performing the workout and tag us on Instagram or send us a picture to wellness@franklinlakes.org

Example: T-E-A-M

T - 20 High Knees

E - 20 Mountain Climbers

A - 20 Jumping Jacks

M - 5 Burpees

Bonus: Once a War Eagle Always a War Eagle

ALPHABET FITNESS BINGO

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FRANKLIN LAKES	CHEERLEADING	FIREMAN'S FIELD	AT HOME ACTIVITY	GOOGLE HANGOUTS	FESTIVAL	NUTRITION
WAR EAGLE	COACH	ZOOM PARTY	BASKETBALL	LEADERSHIP	MCBRIDE FIELD	COMMUNITY
PULIS AVE TURF	ATTITUDE	MAYORS WELLNESS CAMPAIGN	RECREATION	SOFTBALL	TENNIS	PLAYGROUND
STAY HOME	TEAM	BASKETS FOR HOPE	SOCCER	GOALS FOR HOPE	LACROSSE	BASEBALL
FOOTBALL	PARSONS POND PARK	MEDITATION	DEDICATION	BELIEVE	PLAYERS	VOLUNTEER

ALPHABET FITNESS KEY

A - 20 Jumping Jacks

B - 20 Crunches

C - 10 Squats

D - 10 Pushups

E - 20 Mountain Climbers

F - 10 Burpees

G - 10 Arm Circles

H - 15 Squats

I - 5 Push-ups

J - 20 High Knees

K - 10 Push-ups

L - 10 Walking Lunges

M - 5 Burpees

N - 20 Second Plank

O - 20 Jumping Jacks

P - 10 Arm Circles

Q - 15 Crunches

R - 5 Pushups

S - 15 Mountain Climbers

T - 20 High Knees

U - 15 Squats

V - 10 Burpees

W - 30 Jumping Jacks

X - 15 Crunches

Y - 20 Jumping Jacks

Z - 20 Plank Shoulder Taps