

# B I N G O

<p><b>Watch a Video</b> On Rowing, Skiing or Biking</p>	<p><b>5 BURPEES</b></p>	<p><b>1000m on an ERG</b></p>	<p><b>Draw a Picture</b> of Yourself Rowing, Skiing or Biking</p>	<p><b>2 rounds</b> 3 Min Erg and 1 min rest</p>
<p><b>20 sec PLANK</b></p>	<p><b>1500m on an ERG</b></p>	<p><b>Play the Fish Game on the Erg</b></p>	<p><b>100m on an ERG</b></p>	<p><b>10 SIT-UPS</b></p>
<p><b>500m on an ERG</b></p>	<p><b>Play song</b> Put on your favorite song and work out through all of it!</p>		<p><b>3 Sprint Runs</b> (around your house, to the mailbox, somewhere safe)</p>	<p><b>10 min on an ERG</b></p>
<p><b>5 min on an ERG</b></p>	<p><b>3 rounds</b> 2 Min Erg and 1 min rest</p>	<p><b>10 SQUATS</b></p>	<p><b>2000m on an ERG</b></p>	<p><b>25 JUMPING JACKS</b></p>
<p><b>250m Sprint on an ERG</b></p>	<p><b>20 Butterfly Kicks</b></p>	<p><b>100m x YOUR AGE</b></p>	<p><b>Power Ten</b> 10 hard strokes, pulls or pedal pushes</p>	<p><b>Clean your Erg</b></p>

## BINGO Grades K-5

### 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.

**Butterfly Kick** = Lay flat on your back, and extend your legs straight out. Imagine a swimmer, and begin to flutter kick your legs without bending at the knee.

**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.

**Clean Your Erg** = [concept2.com/news/how-to-clean-concept2-equipment](http://concept2.com/news/how-to-clean-concept2-equipment)

Compare Your Workout to the Concept2 Kids' Rankings:

[log.concept2.com/rankings](http://log.concept2.com/rankings)