



KATY'S *Workout* FROM HOME

HELLO THERE!
THIS IS KATY FROM
THE MMAC. COMPLETE
5 SQUARES IN A
ROW FOR TODAY'S
WORKOUT!

B	I	N	G	O
Complete a Wellbeats Yoga Class	25 Squats	10 Push-Ups	Play a Virtual Board Game with Friends or Family	Create an Obstacle Course & Complete It
10 Jumping Jacks & 20 Knee Lifts	Do a Virtual Workout with Friends or Family	1-Minute Plank	25 Sit-Ups	Prepare a Healthy Meal
Eat a Vegetable for a Snack	Watch Your Favorite Movie	FREE SPACE 	15 Burpees	Meditate for 30 Minutes
Avoid Added Sugar in your Diet	Stretch for 10 Minutes	Reach 10,000 Steps	Complete a Wellbeats HIIT Class	15 Reverse Push-Ups
Dance to Your Favorite Music for 30 Minutes	Make a Healthy Smoothie	Complete a Wellbeats Kickboxing Class	Drink 8 Glasses of Water	Go on a Walk with Friends or Family

CONTINUE YOUR
FITNESS JOURNEY.

