

# SportCo Bingo

Do a Somersault on every bed in your home	Go up the stairs in your home 7 times	Pump your own name***	Sport along with an episode of "Nederland in Beweging"
Do the shuttlerun test in the largest part of your home*	Do 50 Burpees	Go weightlifting with 2 full beer crates (24 bottles ofcourse), lift them 100 times	Do 100 jumping jacks
Do 100 Situps	Plank for 1 minute	Do 100 Pushups	Bonus: Do x squats (x in range 100)**

\* <https://www.youtube.com/watch?v=zpqPWWVbVHs>

\*\* <https://www.random.org/>

\*\*\* Do a squat for every letter in the alphabet until you reach the first letter of your name. Repeat this process for the other letters in your name (Including your sur name)