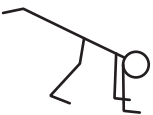









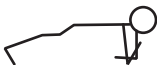







# Center for Health & Fitness July Challenge

# BALANCE BINGO

Let's play! Put an X in the square for each balance attempted. Can you mark 4 X's in a row (up and down, across, diagonal)? How many different ways can you complete 4 in a row? How long can you hold each balance?

<b>3-Point Balance</b> 	<b>Single Leg Balance</b> 	<b>Elbow Plank</b> 	<b>Back Scale</b> 
<b>Toe Hold</b> 	<b>Reverse Plank</b> 	<b>Tree Pose</b> 	<b>2-Point Balance</b> 
<b>5-Point Balance</b> 	<b>Single Leg Table Top</b> 	<b>4-Point Balance</b> 	<b>Side Plank</b> 
<b>Front Scale</b> 	<b>Reverse Table Top</b> 	<b>Reverse 3-Point Balance</b> 	<b>Boat Pose</b> 

For more information on this challenge, please visit [www.beachcitiesgym.com/challenge](http://www.beachcitiesgym.com/challenge).