



UNIQUE FATSO

PLANT BASED
WEIGHT LOSS

LOCKDOWN FITNESS

BINGO

Weights	3000 steps on spot	Workout Indoors	Morning Workout	Meditate
Cycling	Russian Twists	Yoga	Pilates	Running
Lunges	Workout Outdoors	Evening Workout	Workout with Someone	Strength
Cardio	Jump Rope	Jumping Jacks	Squats	Dancing
Leg Day	Arm Day	Plank	Crunches	Lifting