

# KILLALOE BALLINA STRENGTH CLUB



## STRENGTH BINGO

Hold a plank for 90 seconds	10 minutes of mobility at home	Stretch hips or shoulders post-session	Drink 2L of water in a day	Push yourself to lift heavier than normal
Attend 3 sessions in a week	Take a rest day without guilt	Choose a 3-month fitness goal to achieve	Eat protein at every meal	Complete 10 full press-ups or 1 full pull-up
Add 2.5 Kg to a lift	Sleep 7+ hours	Finish a session feeling better than you arrived	Go for a walk with a weighted vest	Hold a wall sit for 90 seconds
Take a cold plunge (<10°C)	Foam roll or practice breath-work for 10 minutes	Write down one recent training success	Eat protein + fibre before your morning coffee/tea	Try a lift you usually avoid
Show up on a "meh" day	Dead hang for 90 seconds	Encourage another member	Prep one healthy meal	Begin your day drinking 500mL of water