

# Mindset Volleyball Club

## Bingo!

Rules: Complete 5 activities in a row for a Bingo.  
All activities must be done in one day!

Pass to self for 10 minutes	Serving toss/Wall traps for 10 minutes	50 sit-ups	25 push-ups	Lay on back and set to self for 10 minutes
40 alternating lunges	Set to self for 10 minutes	Pass to self for 10 minutes	40 squats	20 burpees
Serving toss/Wall traps for 10 minutes	25 push-ups	Watch a full volleyball match online	40 alternating lunges	Pass, set, pass, set to self for 10 minutes
Set to self for 10 minutes	Pass to self for 10 minutes	20 jump squats	Hitting approach/ Transition x 30	50 sit-ups
20 burpees	50 sit-ups	Hitting approach/ Transition x 30	Pass, set, pass, set to self for 10 minutes	Serving toss/Wall traps for 10 minutes