



COMPLETE. COVER. REPEAT.

Complete your first line = **5 YZ45 POINTS!**

First to complete a line = **10 YZ45 POINTS!**

Cover the whole card = **20 YZ45 POINTS!**

1st to cover the whole card = **2 FREE MONTHS!**

2nd to cover the whole card = **1 FREE MONTH!**

3rd to cover the whole card = **£20 VOUCHER!**



www.yourzone45.co.uk



YZ45 BINGO

EARN AS YOU BURN, WITH YOURZONE45 BINGO!

Complete the challenge and **earn rewards towards your YZ45 membership.**

It's simple, when you **complete the activity**, you get it crossed off.

Keep going until all the squares have been filled!

COMPLETE 2 SESSIONS IN WEEK 1	USE #YZ45SELFIE ON FACEBOOK OR INSTAGRAM	UPLOAD YOUR WORKOUT ON SOCIAL MEDIA	EARN 500 MEPS	EARN 1000 MEPS
EARN 1500 MEPS	EARN 2000 MEPS	EARN 160 MEPS IN 1 SESSION	50 BURPEES IN 1 SESSION	TEAM SELFIE
FRIEND TAKES A 7 DAY EXPERIENCE	FRIEND JOINS		SHARE A YZ45 FACEBOOK POST	REVIEW YZ45 ON FACEBOOK
COMPLETE 6 SESSIONS	COMPLETE 9 SESSIONS	COMPLETE 12 SESSIONS	ACHIEVE 10 MINUTES IN THE RED	END A SESSION IN THE RED
CHECK IN ON FACEBOOK OR INSTAGRAM	COMPLIMENT YOUR TRAINER	ROW 10,000 METERS IN TOTAL	CONVINCE YOUR TRAINER TO DO 10 BURPEES	75 BURPEES IN 1 SESSION

Name

This card is valid from