B	I	N	G	O
8 x Alt shoulder press	4 x Arnie shoulder press	4 x Side bend to the left	6 x Shoulder shrugs	6 x Bicep Curl
4 x Reach to your toes	6 x Standing Russian twists	6 x High knees- left leg	4 x Lunges to the left	6 x Lateral Raise
6 x Squats	8 x Calf raises	**FREE**	4 x Lunges to the right	4 x side Abduction (left leg)
6 x Arm Raises	6 x Squats	6 x Arm circles	4 x Step forward and back	6 x High knees - right leg
4 x Side bend to the right	4 x Reach to the ceiling	6 x Hula-hoop hip circles	8 x Standing Russian twists	4 x Side Abduction (Right leg)

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
8 x Calf raises	4 x Lunges to the left	6 x Shoulder shrugs	4 x Reach to your toes	6 x High knees- left leg
4 x Side bend to the left	8 x Standing Russian twists	6 x Bicep Curl	4 x Reach to the ceiling	6 x Lateral Raise
6 x Arm Raises	4 x Lunges to the right	**FREE**	4 x side Abduction (left leg)	4 x Arnie shoulder press
4 x Step forward and back	6 x Hula-hoop hip circles	8 x Alt shoulder press	4 x Side Abduction (Right leg)	6 x Squats
6 x Arm circles	6 x High knees - right leg	6 x Squats	6 x Standing Russian twists	4 x Side bend to the right

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
4 x Reach to the ceiling	6 x Hula-hoop hip circles	4 x Lunges to the left	6 x High knees - right leg	4 x Lunges to the right
8 x Alt shoulder press	6 x Arm Raises	6 x Arm circles	6 x Standing Russian twists	6 x Bicep Curl
6 x Squats	4 x Side Abduction (Right leg)	**FREE**	6 x Squats	4 x Step forward and back
8 x Calf raises	6 x Lateral Raise	6 x Shoulder shrugs	8 x Standing Russian twists	4 x Side bend to the left
4 x side Abduction (left leg)	4 x Arnie shoulder press	6 x High knees- left leg	4 x Reach to your toes	4 x Side bend to the right

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved