

# Fitness Bingo

|                                  |                                      |                                            |                                 |                         |
|----------------------------------|--------------------------------------|--------------------------------------------|---------------------------------|-------------------------|
| play catch<br>with a<br>bean bag | 10<br>push-ups                       | 20<br>jumping<br>jacks                     | butterfly<br>stretch            | 6<br>burpees            |
| 20 arm<br>circles                | jog in<br>place for<br>20<br>seconds | Crab<br>walk                               | 13<br>sit-ups                   | Toe<br>touch<br>stretch |
| hop on<br>one foot               | skip in a<br>circle                  | <b>FREE</b>                                | 15<br>backward<br>skip<br>jumps | 20 ski<br>jumps         |
| 25<br>forward<br>skip<br>jumps   | hold<br>balance<br>on one<br>foot    | 5 frog<br>hopper<br>jumps /<br>squat jumps | 20<br>second<br>wall sit        | Arm<br>punches          |
| 20<br>second<br>plank            | 15 high<br>knees                     | Hula<br>hooping<br>for 20<br>seconds       | wall sit<br>for 20<br>seconds   | 20 calf<br>raises       |

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|                                   |                             |                            |                             |                          |
|-----------------------------------|-----------------------------|----------------------------|-----------------------------|--------------------------|
| skip in a circle                  | 13 sit-ups                  | butterfly stretch          | 20 arm circles              | Crab walk                |
| 20 jumping jacks                  | wall sit for 20 seconds     | 6 burpees                  | 15 high knees               | Toe touch stretch        |
| 25 forward skip jumps             | 15 backward skip jumps      | <b>FREE</b>                | 20 ski jumps                | 10 push-ups              |
| 20 second wall sit                | Hula hooping for 20 seconds | play catch with a bean bag | 20 calf raises              | hold balance on one foot |
| 5 frog hopper jumps / squat jumps | Arm punches                 | hop on one foot            | jog in place for 20 seconds | 20 second plank          |

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|                            |                             |                                   |                             |                        |
|----------------------------|-----------------------------|-----------------------------------|-----------------------------|------------------------|
| 15 high knees              | Hula hooping for 20 seconds | 13 sit-ups                        | Arm punches                 | 15 backward skip jumps |
| play catch with a bean bag | 25 forward skip jumps       | 5 frog hopper jumps / squat jumps | jog in place for 20 seconds | 6 burpees              |
| hop on one foot            | 20 calf raises              | <b>FREE</b>                       | hold balance on one foot    | 20 second wall sit     |
| skip in a circle           | Toe touch stretch           | butterfly stretch                 | wall sit for 20 seconds     | 20 jumping jacks       |
| 20 ski jumps               | 10 push-ups                 | Crab walk                         | 20 arm circles              | 20 second plank        |