

# Fitness Bingo

|                                        |                                     |                   |                                      |                            |
|----------------------------------------|-------------------------------------|-------------------|--------------------------------------|----------------------------|
| run backwards<br>one lap<br>around gym | 10 bear<br>crawl<br>steps           | 10 plank<br>jacks | 5 speed<br>skaters                   | 5 hops<br>on left<br>leg   |
| 10<br>jumping<br>jacks                 | gallop<br>one lap<br>around<br>gym  | 5 jump<br>squats  | 10 crab<br>walk<br>steps             | 5 sit ups                  |
| 6 lunge<br>steps                       | run one<br>lap<br>around<br>the gym | <b>FREE</b>       | 10 frog<br>hops                      | 3 long<br>jumps            |
| 5 air<br>squats                        | 5 v-ups                             | 5 bunny<br>hops   | 3<br>burpees                         | 5 hops<br>on right<br>leg  |
| 10<br>second<br>plank hold             | 10 high<br>knees                    | 5 push<br>ups     | skip one<br>lap<br>around<br>the gym | 10<br>mountain<br>climbers |

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|                            |                             |                                  |                           |                      |
|----------------------------|-----------------------------|----------------------------------|---------------------------|----------------------|
| run one lap around the gym | 10 crab walk steps          | 5 speed skaters                  | 10 jumping jacks          | 5 jump squats        |
| 10 plank jacks             | skip one lap around the gym | 5 hops on left leg               | 10 high knees             | 5 sit ups            |
| 5 air squats               | 10 frog hops                | <b>FREE</b>                      | 3 long jumps              | 10 bear crawl steps  |
| 3 burpees                  | 5 push ups                  | run backwards one lap around gym | 10 mountain climbers      | 5 v-ups              |
| 5 bunny hops               | 5 hops on right leg         | 6 lunge steps                    | gallop one lap around gym | 10 second plank hold |

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|                                  |                      |                    |                             |                      |
|----------------------------------|----------------------|--------------------|-----------------------------|----------------------|
| 10 high knees                    | 5 push ups           | 10 crab walk steps | 5 hops on right leg         | 10 frog hops         |
| run backwards one lap around gym | 5 air squats         | 5 bunny hops       | gallop one lap around gym   | 5 hops on left leg   |
| 6 lunge steps                    | 10 mountain climbers | <b>FREE</b>        | 5 v-ups                     | 3 burpees            |
| run one lap around the gym       | 5 sit ups            | 5 speed skaters    | skip one lap around the gym | 10 plank jacks       |
| 3 long jumps                     | 10 bear crawl steps  | 5 jump squats      | 10 jumping jacks            | 10 second plank hold |