

Workout Class Bingo

Sumo Squat	Bear crawls	Jump rope	Wall sit	Squat hold
Down and back	Sit ups	Step ups	Bench jumps	Plank to pike
V sit tuck	Burpees	Plank	Pushups	Lateral lunges
Sit Through	Walking lung	Kettlebell swings	Squats	Crab toe touch
Curtsey squats	Jump Jacks	V-ups	Jump Squats	Line to line shuffle

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V sit tuck	Burpees	Plank to pike	Bench jumps	Crab toe touch
Jump Squats	Lateral lunges	Plank	Squat hold	Walking lung
Down and back	Jump rope	Step ups	Squats	Sumo Squat
Sit Through	Jump Jacks	Sit ups	Kettlebell swings	Wall sit
Curtsey squats	V-ups	Line to line shuffle	Bear crawls	Pushups

Workout Class Bingo

Lateral lunges	Squats	Jump Jacks	Jump Squats	Kettlebell swings
Crab toe touch	Line to line shuffle	Down and back	Plank	Sumo Squat
Sit Through	Curtsey squats	Step ups	Burpees	Sit ups
V sit tuck	Walking lung	V-ups	Bench jumps	Bear crawls
Pushups	Plank to pike	Wall sit	Jump rope	Squat hold