

Fitness Bingo

arms above your head 20 seconds	10 body twists	10 shoulder presses right arm	5 squats	20 arm circles
10 high knees	Sit in chair raise left leg 10x	20 neck stretches up and down	10 criss cross arms	20 shoulder shrugs
Sit in chair raise right leg 10x	balance on right foot 10 seconds	FREE	10 finger stretches left hand	12 stop signs
15 Left Arm punches	Balance on left foot 10 seconds	15 Right Arm punches	10 touch toes	20 neck stretches to the side
10 tippy toes	10 finger stretches right hand	20 point your toe	wall sit for 10 seconds	10 should presses left arm

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balance on right foot 10 seconds	10 criss cross arms	5 squats	10 high knees	20 neck stretches up and down
10 shoulder presses right arm	wall sit for 10 seconds	20 arm circles	10 finger stretches right hand	20 shoulder shrugs
15 Left Arm punches	10 finger stretches left hand	FREE	12 stop signs	10 body twists
10 touch toes	20 point your toe	arms above your head 20 seconds	10 should presses left arm	Balance on left foot 10 seconds
15 Right Arm punches	20 neck stretches to the side	Sit in chair raise right leg 10x	Sit in chair raise left leg 10x	10 tippy toes

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10 finger stretches right hand	20 point your toe	10 criss cross arms	20 neck stretches to the side	10 finger stretches left hand
arms above your head 20 seconds	15 Left Arm punches	15 Right Arm punches	Sit in chair raise left leg 10x	20 arm circles
Sit in chair raise right leg 10x	10 should presses left arm	FREE	Balance on left foot 10 seconds	10 touch toes
balance on right foot 10 seconds	20 shoulder shrugs	5 squats	wall sit for 10 seconds	10 shoulder presses right arm
12 stop signs	10 body twists	20 neck stretches up and down	10 high knees	10 tippy toes