

Fitness Bingo

plank for 10 seconds	10 arm circles	5 push-ups	hop of one foot	Calf-raises
3 burpees	jump in place for 10 seconds	Toe touch stretch	10 jumping jacks	hold balance of one foot 5 seconds
jog in place for 20 seconds	skip in a circle	FREE	10 second plank	9 push-ups
Arm punches	jog in place for 10 seconds	Arm stretch of your choice	7 sit-ups	Dance for 3 seconds
5 squats	15 high knees	V sit reach	touch your toes for 5 seconds	5 frog hopper jumps / squat jumps

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skip in a circle	10 jumping jacks	hop of one foot	3 burpees	Toe touch stretch
5 push-ups	touch your toes for 5 seconds	Calf-raises	15 high knees	hold balance of one foot 5 seconds
Arm punches	10 second plank	FREE	9 push-ups	10 arm circles
7 sit-ups	V sit reach	plank for 10 seconds	5 frog hopper jumps / squat jumps	jog in place for 10 seconds
Arm stretch of your choice	Dance for 3 seconds	jog in place for 20 seconds	jump in place for 10 seconds	5 squats

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15 high knees	V sit reach	10 jumping jacks	Dance for 3 seconds	10 second plank
plank for 10 seconds	Arm punches	Arm stretch of your choice	jump in place for 10 seconds	Calf-raises
jog in place for 20 seconds	5 frog hopper jumps / squat jumps	FREE	jog in place for 10 seconds	7 sit-ups
skip in a circle	hold balance of one foot 5 seconds	hop of one foot	touch your toes for 5 seconds	5 push-ups
9 push-ups	10 arm circles	Toe touch stretch	3 burpees	5 squats