

Fitness Bingo

hop of one foot	Arm circles	Crunches	Split jump lunges	Plank
Burpees	Superman	Side plank	Arm punches	Sit-ups
Squat jumps	jog in place for 20 seconds	FREE	Back Lunges	Jumping jacks
Leg raise	Sprint on the spot	Mountain climbers	High knees	Push-ups
Glute bridge	Broad jump	Single leg hop	wall sit	Calf raise

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jog in place for 20 seconds	Arm punches	Split jump lunges	Burpees	Side plank
Crunches	wall sit	Plank	Broad jump	Sit-ups
Leg raise	Back Lunges	FREE	Jumping jacks	Arm circles
High knees	Single leg hop	hop of one foot	Calf raise	Sprint on the spot
Mountain climbers	Push-ups	Squat jumps	Superman	Glute bridge

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Broad jump	Single leg hop	Arm punches	Push-ups	Back Lunges
hop of one foot	Leg raise	Mountain climbers	Superman	Plank
Squat jumps	Calf raise	FREE	Sprint on the spot	High knees
jog in place for 20 seconds	Sit-ups	Split jump lunges	wall sit	Crunches
Jumping jacks	Arm circles	Side plank	Burpees	Glute bridge