

Fitness Bingo

jog in place for 20 seconds	10 bird dog planks	10 toe touch crunches	Your favorite yoga pose 20 seconds	20 second boxing punches
10 sit-ups	hop of one foot 20 times	3 burpees	10 lunges on each side	5 push-ups
hold balance of one foot 20 seconds	skip around the room	FREE	10 mountain climbers	20 calf raises
20 high knees	butterfly stretch 20 seconds	20 jumping jacks	20 bicycle crunches	20 second plank
20 arm circles	10 penguin crunches	5 frog hopper jumps / squat jumps	wall sit for 20 seconds	10 star jumps

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skip around the room	10 lunges on each side	Your favorite yoga pose 20 seconds	10 sit-ups	3 burpees
10 toe touch crunches	wall sit for 20 seconds	20 second boxing punches	10 penguin crunches	5 push-ups
20 high knees	10 mountain climbers	FREE	20 calf raises	10 bird dog planks
20 bicycle crunches	5 frog hopper jumps / squat jumps	jog in place for 20 seconds	10 star jumps	butterfly stretch 20 seconds
20 jumping jacks	20 second plank	hold balance of one foot 20 seconds	hop of one foot 20 times	20 arm circles

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10 penguin crunches	5 frog hopper jumps / squat jumps	10 lunges on each side	20 second plank	10 mountain climbers
jog in place for 20 seconds	20 high knees	20 jumping jacks	hop of one foot 20 times	20 second boxing punches
hold balance of one foot 20 seconds	10 star jumps	FREE	butterfly stretch 20 seconds	20 bicycle crunches
skip around the room	5 push-ups	Your favorite yoga pose 20 seconds	wall sit for 20 seconds	10 toe touch crunches
20 calf raises	10 bird dog planks	3 burpees	10 sit-ups	20 arm circles