

Fitness Bingo

rest 1 min	1 minute Arm punches	20 calf raises	jog in place for 1 minute	A yoga pose for 30 seconds
15 high knees	rest 1 min	balance on one foot 30 seconds	10 second plank	hop of one foot
rest 1 min	wall push-ups - 1 min	FREE	10 squats	3 burpees
30 seconds mountain climbers	rest 1 min	5 squat jumps	25 jumping jacks	Dance for 1 minute
20 lunges	13 sit-ups	ball smashes 1 min	wall sit for 1 minute	20 arm circles

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wall push-ups - 1 min	10 second plank	jog in place for 1 minute	15 high knees	balance on one foot 30 seconds
20 calf raises	wall sit for 1 minute	A yoga pose for 30 seconds	13 sit-ups	hop of one foot
30 seconds mountain climbers	10 squats	FREE	3 burpees	1 minute Arm punches
25 jumping jacks	ball smashes 1 min	rest 1 min	20 arm circles	rest 1 min
5 squat jumps	Dance for 1 minute	rest 1 min	rest 1 min	20 lunges

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13 sit-ups	ball smashes 1 min	10 second plank	Dance for 1 minute	10 squats
rest 1 min	30 seconds mountain climbers	5 squat jumps	rest 1 min	A yoga pose for 30 seconds
rest 1 min	20 arm circles	FREE	rest 1 min	25 jumping jacks
wall push-ups - 1 min	hop of one foot	jog in place for 1 minute	wall sit for 1 minute	20 calf raises
3 burpees	1 minute Arm punches	balance on one foot 30 seconds	15 high knees	20 lunges