Fitness Bingo

Wall sit for 20 seconds	10 Air squats	12 Jumping Jacks	9 push-ups	20 second plank
10 second plank	Stand on one leg for 20 seconds	7 Burpees	10 calf raises	8 Jumping Jacks
Juggle 2 tennis balls 10 secs	butterfly stretch for 10 seconds	**FREE**	10 mountain climbers	20 Calf-raises
20 arm circles	Do a one handed push up	20 jumping jacks	15 high knees	3 burpees
13 sit-ups	10 second Toe touch stretch	7 sit ups	jog in place for 20 seconds	12 High Knees

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Fitness Bingo

butterfly stretch for 10 seconds	10 calf raises	9 push-ups	10 second plank	7 Burpees
12 Jumping Jacks	jog in place for 20 seconds	20 second plank	10 second Toe touch stretch	8 Jumping Jacks
20 arm circles	10 mountain climbers	**FREE**	20 Calf-raises	10 Air squats
15 high knees	7 sit ups	Wall sit for 20 seconds	12 High Knees	Do a one handed push up
20 jumping jacks	3 burpees	Juggle 2 tennis balls 10 secs	Stand on one leg for 20 seconds	13 sit-ups

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Fitness Bingo

10 second Toe touch stretch	7 sit ups	10 calf raises	3 burpees	10 mountain climbers
Wall sit for 20 seconds	20 arm circles	20 jumping jacks	Stand on one leg for 20 seconds	20 second plank
Juggle 2 tennis balls 10 secs	12 High Knees	**FREE**	Do a one handed push up	15 high knees
butterfly stretch for 10 seconds	8 Jumping Jacks	9 push-ups	jog in place for 20 seconds	12 Jumping Jacks
20 Calf-raises	10 Air squats	7 Burpees	10 second plank	13 sit-ups

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