

Fitness Bingo

skip in a circle	10 burpees	15 high knees	hold balance of one foot (20 sec)	Arm stretch of your choice
10 mountain climbers	play catch	Dance to a song you love	10 burpees	Try to do a split
jog in place for 20 seconds	upward dog yoga pose	FREE	10 calf raises	20 second plank
9 push-ups	hop on one foot (20 seconds)	Arm punches	20 jumping jacks	Calf-raises
20 arm circles	10 frog hopper jumps / squat jumps	Toe touch stretch	wall sit for 20 seconds	13 sit-ups

Fitness Bingo

upward dog yoga pose	10 burpees	hold balance of one foot (20 sec)	10 mountain climbers	Dance to a song you love
15 high knees	wall sit for 20 seconds	Arm stretch of your choice	10 frog hopper jumps / squat jumps	Try to do a split
9 push-ups	10 calf raises	FREE	20 second plank	10 burpees
20 jumping jacks	Toe touch stretch	skip in a circle	13 sit-ups	hop on one foot (20 seconds)
Arm punches	Calf-raises	jog in place for 20 seconds	play catch	20 arm circles

Fitness Bingo

10 frog hopper jumps / squat jumps	Toe touch stretch	10 burpees	Calf-raises	10 calf raises
skip in a circle	9 push-ups	Arm punches	play catch	Arm stretch of your choice
jog in place for 20 seconds	13 sit-ups	FREE	hop on one foot (20 seconds)	20 jumping jacks
upward dog yoga pose	Try to do a split	hold balance of one foot (20 sec)	wall sit for 20 seconds	15 high knees
20 second plank	10 burpees	Dance to a song you love	10 mountain climbers	20 arm circles