

Fitness Bingo

skip in a circle	10 burpees	20 squats	jog in place for 20 seconds	do a bridge
20 calf raises	play catch (catch 10 successful throws)	hold balance of one foot 20 sec	10 frog hopper jumps / squat jumps	make 5 soccer goals
upward dog yoga pose	13 sit-ups	Dance to a song you love	Try to do a split	make 3 baskets in the hoop
crab walk from one black line to another	hop on one foot 20 times each	30 second high knees	duck walk from one black line to another	20 arm circles
log roll 20 feet	20 jumping jacks	wall sit for 20 seconds	20 second plank	9 push-ups

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upward dog yoga pose	13 sit-ups	make 5 soccer goals	10 frog hopper jumps / squat jumps	20 arm circles
20 second plank	make 3 baskets in the hoop	Dance to a song you love	do a bridge	hop on one foot 20 times each
20 calf raises	20 squats	hold balance of one foot 20 sec	duck walk from one black line to another	skip in a circle
crab walk from one black line to another	20 jumping jacks	play catch (catch 10 successful throws)	30 second high knees	jog in place for 20 seconds
log roll 20 feet	wall sit for 20 seconds	9 push-ups	10 burpees	Try to do a split

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make 3 baskets in the hoop	duck walk from one black line to another	20 jumping jacks	20 second plank	30 second high knees
20 arm circles	9 push-ups	20 calf raises	Dance to a song you love	skip in a circle
crab walk from one black line to another	log roll 20 feet	hold balance of one foot 20 sec	13 sit-ups	play catch (catch 10 successful throws)
upward dog yoga pose	hop on one foot 20 times each	wall sit for 20 seconds	10 frog hopper jumps / squat jumps	10 burpees
Try to do a split	make 5 soccer goals	jog in place for 20 seconds	20 squats	do a bridge