B	I	N	G	O
8 wide arm push ups	1 min high knees	20 frog jumps	40 double leg mountain climbers	30s split left leg
15 push ups on knees	60 line hops	30s split right leg	10 one leg squats (each leg)	50 mountain climbers
FRIEND'S CHOICE	10 sit ups	30 sec arch	30 sec dish hold	50 jumping jacks
30 sec plank	35 jump squats	20 tuck jumps	30s split middles	15 jump lunges
40 lunges	15 up and downs	YOUR CHOICE	15s handstand hold on wall	25 burpees

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
FRIEND'S CHOICE	10 sit ups	50 mountain climbers	10 one leg squats (each leg)	15 jump lunges
15s handstand hold on wall	50 jumping jacks	30 sec arch	30s split left leg	35 jump squats
15 push ups on knees	20 frog jumps	30s split right leg	30s split middles	8 wide arm push ups
30 sec plank	15 up and downs	60 line hops	20 tuck jumps	40 double leg mountain climbers
40 lunges	YOUR CHOICE	25 burpees	1 min high knees	30 sec dish hold

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
50 jumping jacks	30s split middles	15 up and downs	15s handstand hold on wall	20 tuck jumps
15 jump lunges	25 burpees	15 push ups on knees	30 sec arch	8 wide arm push ups
30 sec plank	40 lunges	30s split right leg	10 sit ups	60 line hops
FRIEND'S CHOICE	35 jump squats	YOUR CHOICE	10 one leg squats (each leg)	1 min high knees
30 sec dish hold	50 mountain climbers	40 double leg mountain climbers	20 frog jumps	30s split left leg

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved