| B | I | N | G | O |
|---|---|---|---|---|
| Sliding Board Scissors | Alt Toe Taps | DB Flys | Seated Jumping Jacks | Knee Extension |
| DB Arm Raises | Sliding Board Back/Forth | Leg Lifts | Banded Arm Curls | Rainbows |
| Sit to Stand | Standing Squats | **FREE** | Banded Lat Raises | Fast Feet (Double Time) |
| Heel Taps | Side-Side punch | In & Out (Ball) | Elbow to Knee | Knee Raise Claps |
| DB Oblique Crunches | Calf Raises | Marching | Whirl Wind | DB Chest Press |



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

| B | I | N | G | O |
|---|---|---|---|---|
| Standing Squats | Banded Arm Curls | Seated Jumping Jacks | DB Arm Raises | Leg Lifts |
| DB Flys | Whirl Wind | Knee Extension | Calf Raises | Rainbows |
| Heel Taps | Banded Lat Raises | **FREE** | Fast Feet (Double Time) | Alt Toe Taps |
| Elbow to Knee | Marching | Sliding Board Scissors | DB Chest Press | Side-Side punch |
| In & Out (Ball) | Knee Raise Claps | Sit to Stand | Sliding Board Back/Forth | DB Oblique Crunches |



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

| B | I | N | G | O |
|---|---|---|---|---|
| Calf Raises | Marching | Banded Arm Curls | Knee Raise Claps | Banded Lat Raises |
| Sliding Board Scissors | Heel Taps | In & Out (Ball) | Sliding Board Back/Forth | Knee Extension |
| Sit to Stand | DB Chest Press | **FREE** | Side-Side punch | Elbow to Knee |
| Standing Squats | Rainbows | Seated Jumping Jacks | Whirl Wind | DB Flys |
| Fast Feet (Double Time) | Alt Toe Taps | Leg Lifts | DB Arm Raises | DB Oblique Crunches |



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