

Fitness Bingo

Volleyball to wall and back	1 minute plank	5 burpees	Rest	Hold balance of one foot
20 jumping jacks	Toe touch stretch	Jog in place for 20 seconds	10 leg raises	Plank for 1 minute
Skip in a circle	Wall sit	FREE	10 sit-ups	Arm punches
Arm stretch of your choice	Rest	Butterfly stretch	5 push-ups	Hop of one foot
5 frog hopper jumps / squat jumps	15 Russian twists	Leg stretch of your choice	Your favorite yoga pose	40 high knees

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Wall sit	10 leg raises	Rest	20 jumping jacks	Jog in place for 20 seconds
5 burpees	Your favorite yoga pose	Hold balance of one foot	15 Russian twists	Plank for 1 minute
Arm stretch of your choice	10 sit-ups	FREE	Arm punches	1 minute plank
5 push-ups	Leg stretch of your choice	Volleyball to wall and back	40 high knees	Rest
Butterfly stretch	Hop of one foot	Skip in a circle	Toe touch stretch	5 frog hopper jumps / squat jumps

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15 Russian twists	Leg stretch of your choice	10 leg raises	Hop of one foot	10 sit-ups
Volleyball to wall and back	Arm stretch of your choice	Butterfly stretch	Toe touch stretch	Hold balance of one foot
Skip in a circle	40 high knees	FREE	Rest	5 push-ups
Wall sit	Plank for 1 minute	Rest	Your favorite yoga pose	5 burpees
Arm punches	1 minute plank	Jog in place for 20 seconds	20 jumping jacks	5 frog hopper jumps / squat jumps