

Fitness Bingo

7 - 5 burpees	1 -10 leg raises	15 - Rest	3 - 10 sit-ups	20 -Jog in place for 20 seconds
13 - Rest	6 - 20 jumping jacks	22 - Skip in a circle	10 - Arm punches	24 - Plank for 1 minute
5 - 15 Russian twists	8 - 5 frog hopper jumps / squat jumps	FREE	11- Arm stretch of your choice	18 - Hold balance of one foot
19 -Hop of one foot	4 - 40 high knees	2 - 1 minute plank	17 - Butterfly stretch	21- Volleyball to wall and back
16- Your favorite yoga pose	12- Leg stretch of your choice	23 - Wall sit	9 - 5 push-ups	14 - Toe touch stretch

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