

Fitness Bingo

7 - burpees	1 -leg raises	15 - Rest	3 - sit-ups	20 -Jog in place for 20 seconds
13 - Rest	6 - jumping jacks	22 - Skip in a circle	10 - Arm punches	24 - Plank for 1 minute
5 - Russian twists	8 - frog hopper jumps / squat jumps	FREE	11- Arm stretch of your choice	18 - Hold balance of one foot
19 -Hop of one foot	4 - high knees	2 - 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 - push-ups	14 - Toe touch stretch

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17 - Butterfly stretch	23 - Wall sit	7 - burpees	14 - Toe touch stretch	4 - high knees
2 - plank	21- Volleyball to wall and back	5 - Russian twists	6 - jumping jacks	16- Your favorite yoga pose

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