B	I	N	G	O
Sit & Reach	Ankle Circles	Bear Hugs	Reach & Bend	Heel Raises
Arm Reach	Shoulder Rolls	Leg Lifts	Arm Circles	Neck Stretch
Shoulder Flexion	Tummy Twists	**FREE**	Arm Curls	Chest Stretch
Elbow Press	Seated Jumping Jacks	Elbow to Knee	Chest Press	Knee Extension
Bird Wings	Arm Raises	Marching	Wrist Circles	Balancing Toe Taps

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

B	I	N	G	O
Tummy Twists	Arm Circles	Reach & Bend	Arm Reach	Leg Lifts
Bear Hugs	Wrist Circles	Heel Raises	Arm Raises	Neck Stretch
Elbow Press	Arm Curls	**FREE**	Chest Stretch	Ankle Circles
Chest Press	Marching	Sit & Reach	Balancing Toe Taps	Seated Jumping Jacks
Elbow to Knee	Knee Extension	Shoulder Flexion	Shoulder Rolls	Bird Wings

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

B	I	N	G	O
Arm Raises	Marching	Arm Circles	Knee Extension	Arm Curls
Sit & Reach	Elbow Press	Elbow to Knee	Shoulder Rolls	Heel Raises
Shoulder Flexion	Balancing Toe Taps	**FREE**	Seated Jumping Jacks	Chest Press
Tummy Twists	Neck Stretch	Reach & Bend	Wrist Circles	Bear Hugs
Chest Stretch	Ankle Circles	Leg Lifts	Arm Reach	Bird Wings

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