

B	I	N	G	O
Toe Touches	Arm Circles	Frog Jumps	Star Jumps	Make a Bridge
Crunches	Superman	Punches	Bicycle	Side to Side
Straddle Sit	Tree	FREE	Burpies	Jump for Joy
Jumping Jacks	Stork Stand	Kicks	High Knees	Plank
Front to Back	Butterfly Sit	Push Ups	Windmills	Forward Lunges

B	I	N	G	O
Tree	Bicycle	Star Jumps	Crunches	Punches
Frog Jumps	Windmills	Make a Bridge	Butterfly Sit	Side to Side
Jumping Jacks	Burpies	FREE	Jump for Joy	Arm Circles
High Knees	Push Ups	Toe Touches	Forward Lunges	Stork Stand
Kicks	Plank	Straddle Sit	Superman	Front to Back

B	I	N	G	O
Butterfly Sit	Push Ups	Bicycle	Plank	Burpies
Toe Touches	Jumping Jacks	Kicks	Superman	Make a Bridge
Straddle Sit	Forward Lunges	FREE	Stork Stand	High Knees
Tree	Side to Side	Star Jumps	Windmills	Frog Jumps
Jump for Joy	Arm Circles	Punches	Crunches	Front to Back