

Workout Class Bingo

tuck jumps	bench dips	jumping jacks	shuffle	mountain climbers
hola hoop	step ups	pull up/hang	bicep curls	run in place
squats	twists	FREE	butt kicks	leg raises
lunges	sit ups	med ball	lateral raise	plank
kettle bell swing	high knees	push ups	wall sits	jump rope

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twists	bicep curls	shuffle	hola hoop	pull up/hang
jumping jacks	wall sits	mountain climbers	high knees	run in place
lunges	butt kicks	FREE	leg raises	bench dips
lateral raise	push ups	tuck jumps	jump rope	sit ups
med ball	plank	squats	step ups	kettle bell swing

Workout Class Bingo

high knees	push ups	bicep curls	plank	butt kicks
tuck jumps	lunges	med ball	step ups	mountain climbers
squats	jump rope	FREE	sit ups	lateral raise
twists	run in place	shuffle	wall sits	jumping jacks
leg raises	bench dips	pull up/hang	hola hoop	kettle bell swing