| B | I | N | G | O |
|---|---|---|---|---|
| 5 Snow Angels | 1 Lap Can Openers | 1 Lap Bear Walks | 10 Elbow to Knees | 20 Fire hydrants |
| 10 Single Heel Raises | 10 Bird Dogs | 5 Pushups | 10 Star Jumps | 5 Burpees |
| 5 Squats | 1 Lap Quad Stretches | **FREE** | 10 Squats | 10 Mountain Climbers |
| 10 Rowing situps | 20 Jumping Jacks | 10 Side to Side Hops | 10 Supermans | 20 Windmills |
| 10 Front and Back Hops | 10 Speed Skaters | 10 Forward Lunges | 1 Lap Toe Sweeps | 1 Lap Crab walks |



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

| B | I | N | G | O |
|---|---|---|---|---|
| 5 Burpees | 1 Lap Toe Sweeps | 20 Heel Raises | 10 Mountain Climbers | 1 Lap Quad Stretches |
| 10 Rowing situps | 5 Pushups | 1 Lap Crab walks | 5 Squats | 1 Lap Can Openers |
| 10 Squats | 20 Fire hydrants | **FREE** | 10 Speed Skaters | 10 Side Lunges |
| 10 Single Heel Raises | 10 Bird Dogs | 10 Elbow to Knees | 10 Straight Up Hops | 5 V-situps |
| 10 Star Jumps | 20 Jumping Jacks | 10 Bicycle Crunches | 10 Supermans | 1 Lap Bear Walks |



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

| B | I | N | G | O |
|---|---|---|---|---|
| 10 Side to Side Hops | 10 Bird Dogs | 10 Squats | 5 Snow Angels | 1 Lap Toe Sweeps |
| Hold a Plank | 5 V-situps | 10 Bridges | 1 Lap Crab walks | 20 Fire hydrants |
| 10 Star Jumps | 10 Donkey Kicks | **FREE** | 1 Lap Can Openers | 5 Squats |
| 10 Single Heel Raises | 10 Bicycle Crunches | 10 Rowing situps | 10 Elbow to Knees | 1 Lap Quad Stretches |
| 10 Mountain Climbers | 10 Front and Back Hops | 10 Supermans | 10 Straight Up Hops | 20 Jumping Jacks |



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