B	I	N	G	O
Ride your bike for 10 minutes	1 minute bear crawl	10 jumping squats	Eat a healthy breakfast	30 second plank
10 high knees	Make someone laugh	Do something that makes you happy	1 minute crab walk	Eat a green vegetable
Give your mom and dad a hug	Run two laps around your yard	**FREE**	10 burpees	10 push-ups
10 sit ups	Eat a healthy snack	10 sit-ups	10 mountain climbers	Do a chore that would make your parents happy
10 lunges	10 frog hops	Drink a glass of water	Spend 10 minutes playing outside	10 jumping jacks

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B	I	N	G	O
Run two laps around your yard	1 minute crab walk	Eat a healthy breakfast	10 high knees	Do something that makes you happy
10 jumping squats	Spend 10 minutes playing outside	30 second plank	10 frog hops	Eat a green vegetable
10 sit ups	10 burpees	**FREE**	10 push-ups	1 minute bear crawl
10 mountain climbers	Drink a glass of water	Ride your bike for 10 minutes	10 jumping jacks	Eat a healthy snack
10 sit-ups	Do a chore that would make your parents happy	Give your mom and dad a hug	Make someone laugh	10 lunges

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B	I	N	G	O
10 frog hops	Drink a glass of water	1 minute crab walk	Do a chore that would make your parents happy	10 burpees
Ride your bike for 10 minutes	10 sit ups	10 sit-ups	Make someone laugh	30 second plank
Give your mom and dad a hug	10 jumping jacks	**FREE**	Eat a healthy snack	10 mountain climbers
Run two laps around your yard	Eat a green vegetable	Eat a healthy breakfast	Spend 10 minutes playing outside	10 jumping squats
10 push-ups	1 minute bear crawl	Do something that makes you happy	10 high knees	10 lunges

Crossfit Bingo Card #3 of 3

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