B	I	N	G	O
30 Seconds Jog in Place	10 Alt. Forwards Lunges	10 Jumping Jacks	15 Jumping Jacks	10 Side Lunges to the Left
10 Hip Abductions Each	20 Small Arm Circles	10 Single Heel Raises	10 Alt. Lunges Backwards	10 Toe Touches
20 Large Arm Rolls	5 Push-ups	**FREE**	10 Burpees	10 Shoulder Rolls
10 Side Bends	20 Heel Raises	10 Side Lunges Right	10 Push-Ups	10 Side To Side Hops
10 Neck Rolls	10 Elbow to Knees	10 Squats	5 Squats	10 Hops Straight up

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

B	I	N	G	O
5 Push-ups	10 Alt. Lunges Backwards	15 Jumping Jacks	10 Hip Abductions Each	10 Single Heel Raises
10 Jumping Jacks	5 Squats	10 Side Lunges to the Left	10 Elbow to Knees	10 Toe Touches
10 Side Bends	10 Burpees	**FREE**	10 Shoulder Rolls	10 Alt. Forwards Lunges
10 Push-Ups	10 Squats	30 Seconds Jog in Place	10 Hops Straight up	20 Heel Raises
10 Side Lunges Right	10 Side To Side Hops	20 Large Arm Rolls	20 Small Arm Circles	10 Neck Rolls

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

B	I	N	G	O
10 Elbow to Knees	10 Squats	10 Alt. Lunges Backwards	10 Side To Side Hops	10 Burpees
30 Seconds Jog in Place	10 Side Bends	10 Side Lunges Right	20 Small Arm Circles	10 Side Lunges to the Left
20 Large Arm Rolls	10 Hops Straight up	**FREE**	20 Heel Raises	10 Push-Ups
5 Push-ups	10 Toe Touches	15 Jumping Jacks	5 Squats	10 Jumping Jacks
10 Shoulder Rolls	10 Alt. Forwards Lunges	10 Single Heel Raises	10 Hip Abductions Each	10 Neck Rolls

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