B	I	N	G	O
8 star jumps	10 jump lunges	10 shoulder taps	5 burpees	20 calf raises
10 second plank	6 push ups	20 jumps on one foot	10 leg lifts	30 second boat pose
6 jump squats	Jog 1 lap	**FREE**	10 lunges	15 jumping jacks
15 second wall sit	5 push ups	20 bicycle crunches	12 tuck jumps	20 high knees
10 sit ups	10 mountain climbers	20 line hops	yoga pose of teachers choice	10 seconds jump rope

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

B	I	N	G	O
Jog 1 lap	10 leg lifts	5 burpees	10 second plank	20 jumps on one foot
10 shoulder taps	yoga pose of teachers choice	20 calf raises	10 mountain climbers	30 second boat pose
15 second wall sit	10 lunges	**FREE**	15 jumping jacks	10 jump lunges
12 tuck jumps	20 line hops	8 star jumps	10 seconds jump rope	5 push ups
20 bicycle crunches	20 high knees	6 jump squats	6 push ups	10 sit ups

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

B	I	N	G	O
10 mountain climbers	20 line hops	10 leg lifts	20 high knees	10 lunges
8 star jumps	15 second wall sit	20 bicycle crunches	6 push ups	20 calf raises
6 jump squats	10 seconds jump rope	**FREE**	5 push ups	12 tuck jumps
Jog 1 lap	30 second boat pose	5 burpees	yoga pose of teachers choice	10 shoulder taps
15 jumping jacks	10 jump lunges	20 jumps on one foot	10 second plank	10 sit ups

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