MW Conditioning Bingo
Bingo Call Sheet

This is a randomized list of all 25 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:

15 triangle push ups	1 min superman	20 wide arm push ups	YOUR CHOICE	20 one leg squats (each leg)
10 sit ups	30s split right leg	30s split left leg	50 frog jumps	60 line hops
50 jumping jacks	40 lunges	50 mountain climbers	35 jump squats	30s handstand hold
30s split middles	15 push up in middles	20 tuck jumps	FRIEND'S CHOICE	1 min high knees
1 min plank	40 double leg mountain climbers	25 burpees	1 min hollow hold	15 jump lunges