



Flexibility 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:



6 Middle Split Push-Ups	8 Bridge Rockers	10 Seal Stretches	10 Laying Down Kicks On Each Leg	2 LL Split Jumps
4 Elbow Elbow Hand Hands Mid Split	4 Bridge Claps With Hands & Feet	2 Straddle Jumps	6 Kneeling Bridges	4 Bridge Downs
10 Lunge Bounces On Each Leg	2 RL Split Jumps	10 Side Lunges	4 Needle Kicks On Each Leg	2 Standing Ring Kicks
4 Standing Pike Stretches	8 RL Slider Splits	6 Up Up Down Down LL Split	8 LL Slider Splits	8 Sitting Pike Stretches
6 Shoulder Stretches With Slider	6 Up Up Down Down RL Split	8 Side Kicks On Each Leg	2 Pike Jumps	10 Arm Circles On Each Arm