

























# Fitness BINGO

 <p>10 scissors</p>	 <p>12 star jumps</p>	 <p>Sprint on the spot for 30 seconds</p>
 <p>8 twists</p>	<p>Free Choice</p>	 <p>5 crunches</p>
 <p>Knee high jog on the spot for 30 seconds</p>	 <p>6 push ups</p>	 <p>8 high knee lifts</p>



# Fitness BINGO

 <p>4 heel touches</p>	 <p>Shuffle on the spot for 30 seconds</p>	 <p>Sprint on the spot for 30 seconds</p>
 <p>8 twists</p>	<p>Free Choice</p>	 <p>10 squats</p>
 <p>12 side to side jumps</p>	 <p>6 push ups</p>	 <p>10 backwards forwards jumps</p>



# Fitness BINGO

 <p>4 heel touches</p>	 <p>2 grape vines</p>	 <p>Hop on one leg for 30 seconds</p>
 <p>Easy walk on the spot for 30 seconds</p>	<p>Free Choice</p>	 <p>10 squats</p>
 <p>15 second plank hold</p>	 <p>8 step touches</p>	 <p>10 backwards forwards jumps</p>









# Fitness BINGO

 <p>March on the spot for 30 seconds</p>	 <p>2 grape vines</p>	 <p>Hop on one leg for 30 seconds</p>
 <p>Easy walk on the spot for 30 seconds</p>	<p>Free Choice</p>	 <p>Side to side step for 30 seconds</p>
 <p>15 second plank hold</p>	 <p>8 step touches</p>	 <p>4 left leg lunges</p>

# Fitness BINGO

 <p>March on the spot for 30 seconds</p>	 <p>10 scissors</p>	 <p>5 power jumps</p>
 <p>Row on the spot for 30 seconds</p>	<p>Free Choice</p>	 <p>Side to side step for 30 seconds</p>
 <p>12 star jumps</p>	 <p>Sprint on the spot for 30 seconds</p>	 <p>4 left leg lunges</p>




# Fitness BINGO

 <p>Knee high jog on the spot for 30 seconds</p>	 <p>10 scissors</p>	 <p>5 power jumps</p>
 <p>Row on the spot for 30 seconds</p>	<p>Free Choice</p>	 <p>5 crunches</p>
 <p>12 star jumps</p>	 <p>Sprint on the spot for 30 seconds</p>	 <p>8 twists</p>









# Fitness BINGO

 <p>Knee high jog on the spot for 30 seconds</p>	 <p>8 high knee lifts</p>	 <p>6 push ups</p>
 <p>4 heel touches</p>	<p>Free Choice</p>	 <p>5 crunches</p>
 <p>Shuffle on the spot for 30 seconds</p>	 <p>10 squats</p>	 <p>8 twists</p>

# Fitness BINGO

 <p>Hop on one leg for 30 seconds</p>	 <p>8 high knee lifts</p>	 <p>6 push ups</p>
 <p>4 heel touches</p>	<p>Free Choice</p>	 <p>10 backwards forwards jumps</p>
 <p>Shuffle on the spot for 30 seconds</p>	 <p>10 squats</p>	 <p>12 side to side jumps</p>

# Fitness BINGO









 <p>Hop on one leg for 30 seconds</p>	 <p>15 second plank hold</p>	 <p>2 grape vines</p>
 <p>4 left leg lunges</p>	<p>Free Choice</p>	 <p>10 backwards forwards jumps</p>
 <p>8 step touches</p>	 <p>Easy walk on the spot for 30 seconds</p>	 <p>12 side to side jumps</p>

# Fitness BINGO

 <p>4 right leg lunges</p>	 <p>15 second plank hold</p>	 <p>2 grape vines</p>
 <p>4 left leg lunges</p>	<p>Free Choice</p>	 <p>March on the spot for 30 seconds</p>
 <p>8 step touches</p>	 <p>Easy walk on the spot for 30 seconds</p>	 <p>Side to side step for 30 seconds</p>











# Fitness BINGO

 <p>4 right leg lunges</p>	 <p>2 grape vines</p>	 <p>Row on the spot for 30 seconds</p>
 <p>10 scissors</p>	<p>Free Choice</p>	 <p>March on the spot for 30 seconds</p>
 <p>12 star jumps</p>	 <p>Sprint on the spot for 30 seconds</p>	 <p>Side to side step for 30 seconds</p>

# Fitness BINGO

 <p>8 twists</p>	 <p>5 power jumps</p>	 <p>Row on the spot for 30 seconds</p>
 <p>10 scissors</p>	<p>Free Choice</p>	 <p>5 crunches</p>
 <p>12 star jumps</p>	 <p>Sprint on the spot for 30 seconds</p>	 <p>Knee high jog on the spot for 30 seconds</p>









# Fitness BINGO

		
8 twists	6 push ups	8 high knee lifts
	Free Choice	
4 heel touches		5 crunches
		
Shuffle on the spot for 30 seconds	10 squats	Knee high jog on the spot for 30 seconds









# Fitness BINGO

		
12 side to side jumps	6 push ups	8 high knee lifts
	Free Choice	
4 heel touches		10 backwards forwards jumps
		
Shuffle on the spot for 30 seconds	10 squats	Hop on one leg for 30 seconds

# Fitness BINGO









 <p>12 side to side jumps</p>	 <p>Easy walk on the spot for 30 seconds</p>	 <p>8 step touches</p>
 <p>2 grape vines</p>	<p>Free Choice</p>	 <p>10 backwards forwards jumps</p>
 <p>15 second plank hold</p>	 <p>4 left leg lunges</p>	 <p>Hop on one leg for 30 seconds</p>

# Fitness BINGO

 <p>4 right leg lunges</p>	 <p>Easy walk on the spot for 30 seconds</p>	 <p>8 step touches</p>
 <p>2 grape vines</p>	<p>Free Choice</p>	 <p>March on the spot for 30 seconds</p>
 <p>15 second plank hold</p>	 <p>4 left leg lunges</p>	 <p>Side to side step for 30 seconds</p>



# Fitness BINGO

 <p>4 right leg lunges</p>	 <p>5 power jumps</p>	 <p>Row on the spot for 30 seconds</p>
 <p>5 crunches</p>	<p>Free Choice</p>	 <p>March on the spot for 30 seconds</p>
 <p>Knee high jog on the spot for 30 seconds</p>	 <p>6 push ups</p>	 <p>Side to side step for 30 seconds</p>

# Fitness BINGO

 <p>8 high knee lifts</p>	 <p>5 power jumps</p>	 <p>Row on the spot for 30 seconds</p>
 <p>5 crunches</p>	<p>Free Choice</p>	 <p>4 heel touches</p>
 <p>Knee high jog on the spot for 30 seconds</p>	 <p>6 push ups</p>	 <p>Shuffle on the spot for 30 seconds</p>

# Fitness BINGO



8 high knee lifts



10 squats



12 side to side jumps



10 backwards forwards jumps

Free Choice



4 heel touches



Hop on one leg for 30 seconds



Easy walk on the spot for 30 seconds



Shuffle on the spot for 30 seconds

# Fitness BINGO



8 step touches



10 squats



12 side to side jumps



10 backwards forwards jumps

Free Choice



2 grape vines



Hop on one leg for 30 seconds











Easy walk on the spot for 30 seconds



15 second plank hold

# Fitness BINGO

 8 step touches	 4 left leg lunges	 4 right leg lunges
 March on the spot for 30 seconds	Free Choice	 2 grape vines
 Side to side step for 30 seconds	 5 power jumps	 15 second plank hold

# Fitness BINGO

 Row on the spot for 30 seconds	 4 left leg lunges	 10 scissors
 March on the spot for 30 seconds	Free Choice	 12 star jumps
 Side to side step for 30 seconds	 5 power jumps	 Sprint on the spot for 30 seconds









# Fitness BINGO

 <p>Row on the spot for 30 seconds</p>	 <p>8 twists</p>	 <p>10 scissors</p>
 <p>5 crunches</p>	<p>Free Choice</p>	 <p>12 star jumps</p>
 <p>Knee high jog on the spot for 30 seconds</p>	 <p>6 push ups</p>	 <p>Sprint on the spot for 30 seconds</p>

# Fitness BINGO

 <p>4 heel touches</p>	 <p>8 twists</p>	 <p>8 high knee lifts</p>
 <p>5 crunches</p>	<p>Free Choice</p>	 <p>Shuffle on the spot for 30 seconds</p>
 <p>Knee high jog on the spot for 30 seconds</p>	 <p>6 push ups</p>	 <p>10 squats</p>

# Fitness BINGO

 <p>4 heel touches</p>	 <p>12 side to side jumps</p>	 <p>8 high knee lifts</p>
 <p>10 backwards forwards jumps</p>	<p>Free Choice</p>	 <p>Shuffle on the spot for 30 seconds</p>
 <p>Hop on one leg for 30 seconds</p>	 <p>8 step touches</p>	 <p>10 squats</p>

# Fitness BINGO




 <p>15 second plank hold</p>	 <p>12 side to side jumps</p>	 <p>4 right leg lunges</p>
 <p>10 backwards forwards jumps</p>	<p>Free Choice</p>	 <p>Side to side step for 30 seconds</p>
 <p>Hop on one leg for 30 seconds</p>	 <p>8 step touches</p>	 <p>Row on the spot for 30 seconds</p>











# Fitness BINGO

 <p>15 second plank hold</p>	 <p>12 star jumps</p>	 <p>4 right leg lunges</p>
 <p>8 twists</p>	<p>Free Choice</p>	 <p>Side to side step for 30 seconds</p>
 <p>Knee high jog on the spot for 30 seconds</p>	 <p>8 high knee lifts</p>	 <p>Row on the spot for 30 seconds</p>









# Fitness BINGO

 <p>Shuffle on the spot for 30 seconds</p>	 <p>12 star jumps</p>	 <p>12 side to side jumps</p>
 <p>8 twists</p>	<p>Free Choice</p>	 <p>Hop on one leg for 30 seconds</p>
 <p>Knee high jog on the spot for 30 seconds</p>	 <p>8 high knee lifts</p>	 <p>8 step touches</p>

# Fitness BINGO

 <p>Shuffle on the spot for 30 seconds</p>	 <p>10 scissors</p>	 <p>12 side to side jumps</p>
 <p>Sprint on the spot for 30 seconds</p>	<p>Free Choice</p>	 <p>Hop on one leg for 30 seconds</p>
 <p>8 twists</p>	 <p>Knee high jog on the spot for 30 seconds</p>	 <p>8 step touches</p>


# Fitness BINGO

 <p>5 power jumps</p>	 <p>10 scissors</p>	 <p>4 right leg lunges</p>
 <p>Sprint on the spot for 30 seconds</p>	<p>Free Choice</p>	 <p>2 grape vines</p>
 <p>8 twists</p>	 <p>Knee high jog on the spot for 30 seconds</p>	 <p>10 squats</p>

# Fitness BINGO

 <p>5 power jumps</p>	 <p>12 side to side jumps</p>	 <p>4 right leg lunges</p>
 <p>5 crunches</p>	<p>Free Choice</p>	 <p>2 grape vines</p>
 <p>March on the spot for 30 seconds</p>	 <p>12 star jumps</p>	 <p>10 squats</p>

# Fitness BINGO

 <p>Sprint on the spot for 30 seconds</p>	 <p>12 side to side jumps</p>	 <p>15 second plank hold</p>
 <p>5 crunches</p>	<p>Free Choice</p>	 <p>4 heel touches</p>
 <p>March on the spot for 30 seconds</p>	 <p>12 star jumps</p>	 <p>Knee high jog on the spot for 30 seconds</p>

**10 Scissors**

**12 star jumps**

**5 crunches**

**Knee high  
jog on the spot  
for 30 seconds**

**Shuffle on  
the spot for  
30 seconds**

**10 squats**

**Easy walk on  
the spot for  
30 seconds**

**8 step touches**

**4 right leg lunges**

**March on  
the spot for  
30 seconds**

<b>Sprint on the spot for 30 seconds</b>	<b>Free Choice</b>
<b>6 push ups</b>	<b>8 high knee lifts</b>
<b>12 side to side jumps</b>	<b>10 backwards forwards jumps</b>
<b>2 grape vines</b>	<b>15 second plank hold</b>
<b>Side to side step for 30 seconds</b>	<b>5 power jumps</b>



**8 twists**

**4 heel touches**

**Hop on  
one leg for  
30 seconds**

**4 left leg lunges**

**Row on  
the spot for  
30 seconds**