

FITNESS Bingo

Using the exercises on the following page, fill in your very own Fitness Bingo Board! Listen to the bingo caller as they call out the different exercises. Mark off the exercises they call out then complete the exercise. If you get five in a row, you win the game

10 jumping jacks	5 squats	10 arm circles	10 high knees	5 lunges on right leg
10 heel flicks	5 star jumps	10 elbow to knee twists (standing)	10 marches on the spot	10 side steps (2 steps to each side)
10 air punches (left and right)	10 skips in place	10 calf raises (up on tippy toes)	10 second balance on one leg	10 jumps side to side
10 hops on right leg	10 seconds freestyle dance	10 hula hips (circle hips)	10 standing ladder climbs on the spot	5 slow motion jumping jacks
5 imaginary hurdle jumps	5 frog jumps	10 second sprint on the spot	10 hops on left leg	Full turn jump
5 lunges on left leg	10 second toe touch stretch	10 second whole body shake	5 jump squats	10 second side bend stretch (5 seconds both sides)