

























Fitness BINGO

 <p>10 scissors</p>	 <p>12 star jumps</p>	 <p>Sprint on the spot for 30 seconds</p>
 <p>8 twists</p>	Free Choice	 <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>	Free Choice	 <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>	Free Choice	 <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>	Free Choice	 <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>	Free Choice	 <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>	Free Choice	 <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>	Free Choice	 <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>	Free Choice	 <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



4 heel touches

Free Choice



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



4 heel touches

Free Choice



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>	Free Choice	 <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>	Free Choice	 <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>	Free Choice	 <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>	Free Choice	 <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

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

Fitness BINGO

 <p>8 step touches</p>	 <p>10 squats</p>	 <p>12 side to side jumps</p>
 <p>10 backwards forwards jumps</p>	Free Choice	 <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>15 second plank hold</p>

Fitness BINGO

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

Fitness BINGO

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

Fitness BINGO

 <p>Row on the spot for 30 seconds</p>	 <p>8 twists</p>	 <p>10 scissors</p>
 <p>5 crunches</p>	Free Choice	 <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>	Free Choice	 <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>	Free Choice	 <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>	Free Choice	 <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>	Free Choice	 <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>	Free Choice	 <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>	Free Choice	 <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>	Free Choice	 <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**

**Sprint on
the spot for
30 seconds**

Free Choice

6 push ups

8 high knee lifts

**12 side to
side jumps**

**10 backwards
forwards jumps**

2 grape vines

**15 second
plank hold**

**Side to
side step for
30 seconds**

5 power jumps

8 twists

4 heel touches

**Hop on
one leg for
30 seconds**

4 left leg lunges

**Row on
the spot for
30 seconds**