

Fitness Bingo

B I N G O

V-sit	Grapevine	Plank	Jog into space	Shadow boxing
Foot fire	Squats	Side Stepping	Lunges	Jumping Jacks
Burpees	Knee Raises	Free!	Wall-sit	Skip into space
Tuck Jumps	Mountain Climbers	Calf Raises	High knees	Jog on Spot
Ski Jumps	Line Jumps	Reverse Plank	Heel flicks	V-Step

Fitness Bingo

B I N G O

Mountain Climbers	Tuck Jumps	Shadow boxing	Jumping Jacks	Foot fire
Grapevine	Plank	Skip into space	Jog on Spot	Heel flicks
Side Stepping	Jog into space	Free!	High knees	Knee Raises
Wall-sit	Squats	V-Step	Ski Jumps	Calf Raises
Line Jumps	Reverse Plank	V-sit	Burpees	Lunges

Fitness Bingo

B I N G O

Calf Raises	Knee Raises	Shadow boxing	Tuck Jumps	Jog into space
Mountain Climbers	Ski Jumps	Plank	Skip into space	Lunges
Foot fire	V-sit	Free!	Wall-sit	Jog on Spot
Burpees	Side Stepping	Reverse Plank	Heel flicks	Grapevine
Jumping Jacks	Line Jumps	V-Step	High knees	Squats

Fitness Bingo

B I N G O

Knee Raises	Heel flicks	Foot fire	Burpees	Jog into space
High knees	Side Stepping	Lunges	Calf Raises	Plank
V-Step	Ski Jumps	Free!	Grapevine	Squats
Tuck Jumps	Jog on Spot	Shadow boxing	Jumping Jacks	Reverse Plank
V-sit	Mountain Climbers	Line Jumps	Wall-sit	Skip into space

Fitness Bingo

B I N G O

Reverse Plank	V-Step	Foot fire	Heel flicks	Tuck Jumps
Ski Jumps	Burpees	V-sit	Squats	Jog into space
Line Jumps	Grapevine	Free!	Wall-sit	Calf Raises
Skip into space	Mountain Climbers	Jumping Jacks	Shadow boxing	Side Stepping
Knee Raises	Lunges	Jog on Spot	High knees	Plank

Fitness Bingo

B I N G O

Knee Raises	Calf Raises	Foot fire	Jog on Spot	Jog into space
Tuck Jumps	Heel flicks	Line Jumps	Squats	Reverse Plank
Plank	Side Stepping	Free!	Lunges	V-sit
High knees	Mountain Climbers	Burpees	Jumping Jacks	Shadow boxing
Grapevine	Skip into space	V-Step	Wall-sit	Ski Jumps

Fitness Bingo

B I N G O

Reverse Plank	Side Stepping	Skip into space	High knees	Ski Jumps
V-Step	Heel flicks	Shadow boxing	Plank	Jog on Spot
Jog into space	V-sit	Free!	Knee Raises	Lunges
Mountain Climbers	Grapevine	Calf Raises	Squats	Wall-sit
Foot fire	Tuck Jumps	Jumping Jacks	Burpees	Line Jumps

Fitness Bingo

B I N G O

Mountain Climbers	High knees	Squats	V-sit	Skip into space
Line Jumps	Knee Raises	Calf Raises	Wall-sit	Heel flicks
Ski Jumps	Reverse Plank	Free!	Foot fire	Shadow boxing
Jog into space	Lunges	Jog on Spot	Tuck Jumps	Jumping Jacks
Grapevine	Plank	Burpees	V-Step	Side Stepping

1. High knees
2. Mountain Climbers
3. Line Jumps
4. Lunges
5. Plank
6. Jog into space
7. Skip into space
8. Calf Raises
9. Jog on Spot
10. Reverse Plank
11. Jumping Jacks
12. Side Stepping
13. Ski Jumps
14. Grapevine
15. V-sit
16. Squats
17. V-Step
18. Heel flicks
19. Tuck Jumps
20. Shadow boxing
21. Knee Raises
22. Burpees
23. Foot fire
24. Wall-sit