

Fitness Bingo

B I N G O

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

Fitness Bingo

B I N G O

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

Fitness Bingo

B I N G O

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

Fitness Bingo

B I N G O

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

Fitness Bingo

B I N G O

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

Fitness Bingo

B I N G O

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

Fitness Bingo

B I N G O

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

Fitness Bingo

B I N G O

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

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