

FITNESS BINGO

| B | I | N | G | O |
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| Perform mountain climbers for 1 minute. | Perform a side plank for at least 1 minute on both sides. | Perform 25 jumping jacks. | Perform a straddle stretch for 20 seconds, 3 times. | Play a sport for at least 20 minutes. |
| Perform a seated pike stretch for 15 seconds, twice. | Perform 20 squats. | Perform 30 trunk-twisters. | Go out on a run for at least 15 minutes. | Ride a bike for at least 15 minutes. |
| Perform 15 push-ups. | Perform a superman for 15 second intervals, 4 times. | FREE | Perform 20 squat jumps. | Go out on a 20-minute walk. |
| Jump rope for 5 minutes. | Perform 15 burpees. | Perform 40 elbow-to-knee touches. | Perform 20 sit-ups. | Perform a standing pike stretch for 15 seconds, twice. |
| Perform 10 lunges on each leg. | Play catch with a ball for 15 minutes. | Perform a plank for at least 1 minute. | Perform 30 arm circles for each arm and 25 leg lifts on each leg. | Perform a crab-walk and bear walk for 2 minutes. |