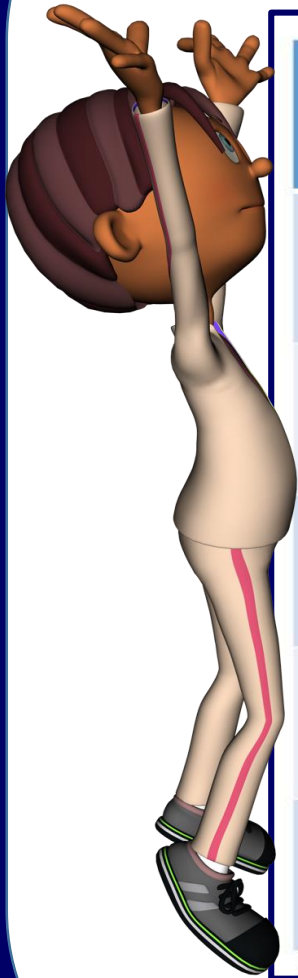



























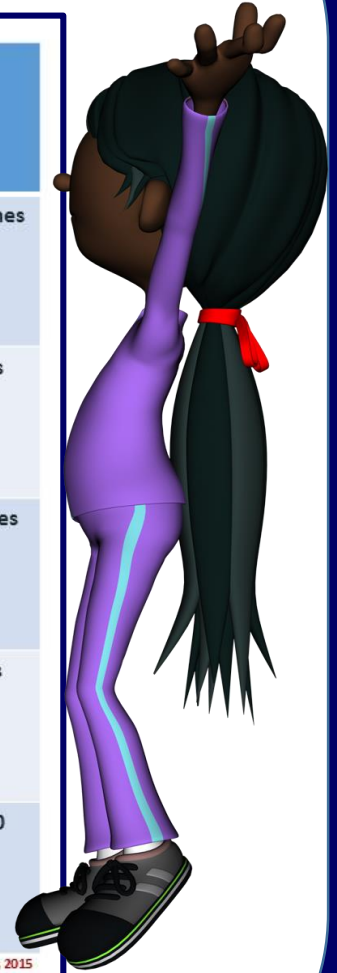
FITNESS BINGO



FITNESS BINGO				
15 Jump Rope Motions 	Dance in Place- 10 	5 Tuck Jumps 	10 Toe Touches 	Skip in a Circle 5 Times 
10 Half Turn Jumps 	10 Curl Ups 	Butterfly Stretches- 15 	8 Star Jumps 	15 Tramp Bounces 
15 Skier Jumps 	10 Quad Stretches 	7 Burpees 	12 Scissor Steps 	10 Straddle Stretches 
Wall Sit- 15 	Jog in a Circle- 5 times 	Plank Hold- 15 	10 Jumping Jacks 	12 Neck Rotations 
Run in Place- 10 	20 Arm Rotations 	15 Mountain Climbers 	7 Squat Jumps 	March in Place- 10 

Card 1

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30 DIFFERENT BINGO CARDS

INTRODUCTION

I'VE GOT BINGO!!!

Are you looking for a great way to truly engage your students in a fun-filled, warm up, brain break or PE fitness activity? The Fitness Bingo packet provides you with a fun and organized movement-based activity that your students will absolutely love!!!

The Fitness Bingo packet comes with 30 different Fitness Bingo Cards, a Teacher's Bingo Call Sheet, a Win Pattern Guide and a Bingo Marker Copy Sheet. Once the Fitness Bingo Cards are copied and laminated, they can be used for multiple classes throughout the school year. This activity **WORKS** and your students will ask for it over and over again!

Teachers lead the activity by calling out fitness exercises listed on their call sheets. Students that have the exercise listed on their Fitness Bingo cards perform the exercise (for a set time or number of reps) and mark their cards. When a predetermined pattern is marked on a Fitness Bingo card first, that student is declared the Fitness Bingo Winner.

PE teachers can use Fitness Bingo as a warm up or as a standalone activity in a Fitness unit. Classroom teachers can use Fitness Bingo as a brain break, classroom energizer, recess activity or reward event.

The Fitness Bingo Activity packet was designed for all ages but is best suited for students from Kindergarten through 8th Grade.

PREPARING THE FITNESS BINGO ACTIVITY

PREPARE:

- 1. Print the Teacher's Call Sheet. Cut out the individual exercises and put the strips into a hat or bowl. Note: Teacher's could save time by just using the call sheet (without cutting it up into strips) and calling out random exercises from the sheet. Cross out the exercise or use tally marks once the exercise is called.**
- 2. Print out and laminate the 30 Fitness Bingo cards. They can be reused over and over again for multiple class periods**
- 3. Print, laminate and cut out the Fitness Bingo Blue Markers. You can print out multiple sheets. Note: If you have small chips or plastic markers from other games, you could save yourself some time by using them rather than printing the ones created for this Fitness Bingo packet.**

DISTRIBUTE:

- Hand out one Fitness Bingo card and 25 Bingo chips or markers to each student (there are 30 different cards included in this packet). If you have more than 30 students, you can have some or all of your students double up on a card and work as a Fitness Bingo team.**

PLAYING FITNESS BINGO

SET UP:

1. After receiving the cards and markers, students should spread out in a playing area (gym, cafeteria or large classroom) with their Fitness Bingo Cards and Markers in front of them
2. Students should have enough room in front, beside or behind their cards so that they do not disturb them while exercising and moving

CALL:

1. The teacher should pull out one exercise (or randomly select one), call it out and insure they provide the reps or time in which to do it
2. Students will mark their Fitness Card (using the fitness Bingo Markers or other plastic game pieces) and perform the exercise that the teacher called out. After exercising they go back to their Fitness Bingo Card and wait for the next exercise call
3. Teachers can decide whether or not the students that do not have the exercise on their card perform the exercise. It can be played either way: 1. All exercise or 2. Only those that have it on their card perform the exercise


WINNING:

Once a predetermined pattern is made on a card, the student or students with that card calls out “BINGO”!!! Winners could be given a fun award or become the next callers in another game of Fitness Bingo. See the next section for the winning Bingo Patterns.




Win Patterns & Call Sheet

FITNESS BINGO WIN PATTERNS


BLACKOUT BINGO
All images must be marked to get a BINGO




LINES BINGO
Must make a horizontal, diagonal OR vertical line to get a BINGO



























T's BINGO
Fill the card in the shape of a right-side up, upside down or sideways capital T. For example... fill the center column plus the top row.



U'S BINGO
Fill the card in the shape of a right-side up, upside down or sideways U. For example... fill the left and right most columns and the top row.



FITNESS BINGO © Pete Charrette/Cap'n Pete, 2015

FITNESS BINGO- TEACHER'S CALL SHEET			
 10 Jumping Jacks	 15 Crab Push-Ups	 8 Push-Ups	
 10 Curl Ups	 15 Mountain Climbers	 15 Jump Rope Motions	
 10 Straddle Stretches	 Wall Sit- 15	 7 Burpees	
 10 Half Turn Jumps	 Plank Hold- 15 Steps	 March in Place- 10 sec.	
 5 Tuck Jumps	 12 Scissor Steps	 Jog in a Circle- 5 times	
 Run in Place- 10	 8 Lunges	 Dance in Place- 10 sec.	
 8 Star Jumps	 20 Shoulder Shrugs	 10 Quad Stretches	
 15 Trampoline Bounces	 15 Arm Punches		
 Butterfly Stretches- 15 sec.			
 Skip in a Circle 5 Times			
 7 Squat Jumps			

© Pete Charrette/Cap'n Pete, 2015

FITNESS BINGO WIN PATTERNS

BLACKOUT BINGO

All images must be marked to get a BINGO



LINES BINGO

Must make a horizontal, diagonal OR vertical line to get a BINGO



T's BINGO

Fill the card in the shape of a right-side up, upside down or sideways capital T. For example... fill the center column plus the top row.












U's BINGO

Fill the card in the shape of a right-side up, upside down or sideways U. For example... fill the left and right most columns and the top row.



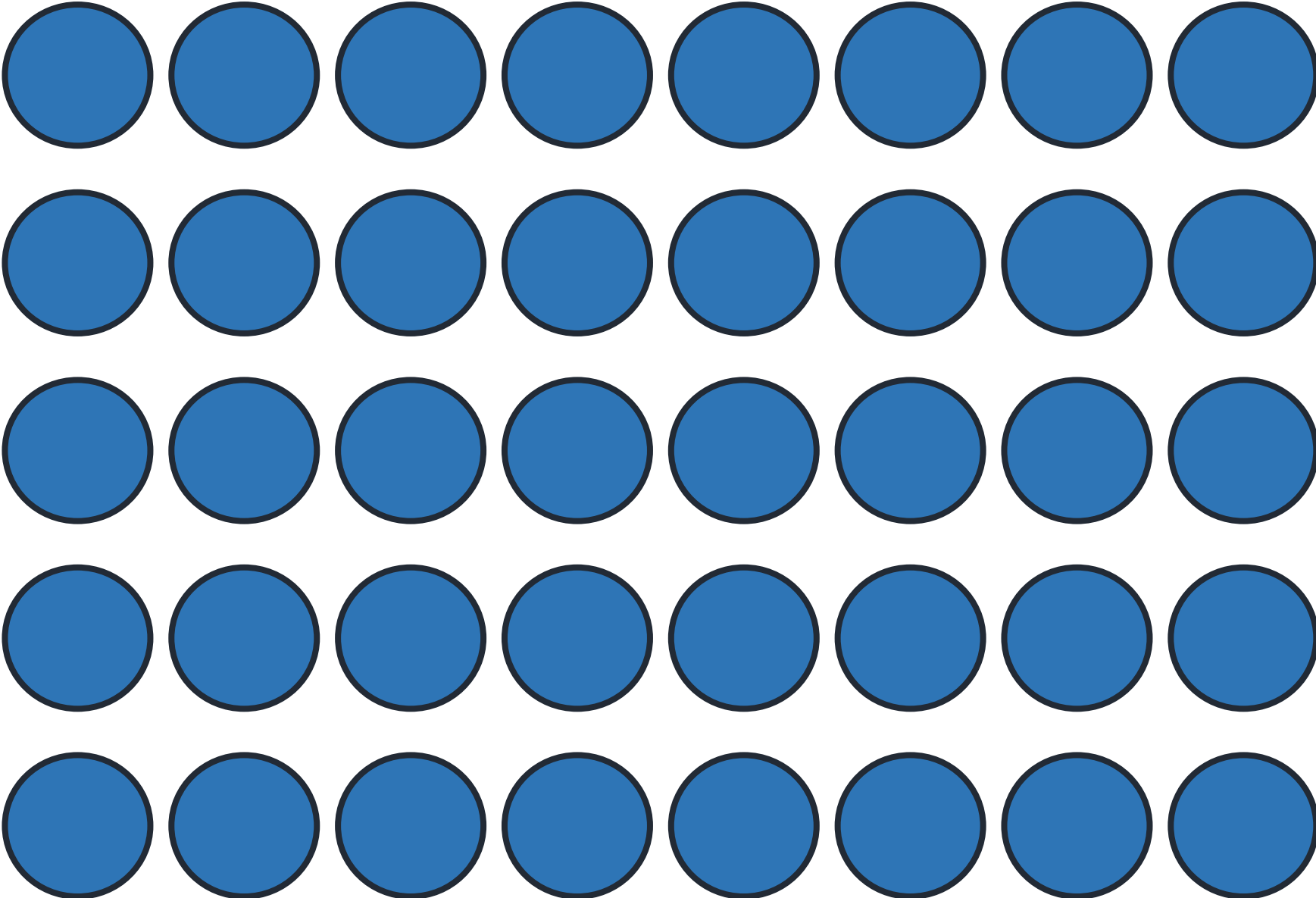
FITNESS BINGO- TEACHER'S CALL SHEET

 10 Jumping Jacks	 15 Crab Push-Ups
10 Curl Ups 	8 Push-Ups 
 10 Straddle Stretches	 15 Mountain Climbers
10 Half Turn Jumps 	15 Jump Rope Motions 
 5 Tuck Jumps	 Wall Sit- 15
Run in Place- 10 	7 Burpees 
 8 Star Jumps	 15 Skier Jumps
15 Trampoline Bounces 	12 Neck Rotations 
 Butterfly Stretches- 15 sec.	 10 Toe Touches
Skip in a Circle 5 Times 	Plank Hold- 15 sec. 
 7 Squat Jumps	 March in Place- 10 sec.
12 Scissor Steps 	Jog in a Circle- 5 times 
 20 Arm Rotations	 8 Lunges
20 Shoulder Shrugs 	Dance in Place- 10 sec. 
 10 Quad Stretches	 15 Arm Punches

The background features a white central area with blue wavy borders at the top and bottom. Five blue circles with black outlines are scattered around the text: two at the top, one on the left, one at the bottom, and one on the right.

Fitness Bingo Markers

FITNESS BINGO MARKERS

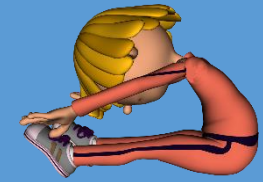


Fitness Bingo Cards





FITNESS BINGO



15 Jump Rope Motions



Dance in Place- 10



5 Tuck Jumps



10 Toe Touches



Skip in a Circle 5 Times



10 Half Turn Jumps



10 Curl Ups



Butterfly Stretches- 15



8 Star Jumps



15 Tramp Bounces



15 Skier Jumps



10 Quad Stretches



7 Burpees



12 Scissor Steps



10 Straddle Stretches



Wall Sit- 15



Jog in a Circle- 5 times



Plank Hold- 15



10 Jumping Jacks



12 Neck Rotations



Run in Place- 10



20 Arm Rotations



15 Mountain Climbers



7 Squat Jumps



March in Place- 10





FITNESS BINGO



15 Skier Jumps



15 Crab Push-Ups



5 Tuck Jumps



12 Neck Rotations



10 Toe Touches



8 Star Jumps



8 Push-Ups



Run in Place- 10



12 Scissor Steps



15 Tramp Bounces



15 Arm Punches



March in Place- 10



15 Mountain Climbers



Wall Sit- 15



Butterfly Stretches- 15



10 Half Turn Jumps



10 Jumping Jacks



20 Shoulder Shrugs



Skip in a Circle 5 Times



10 Curl Ups



8 Lunges



20 Arm Rotations



Dance in Place- 10



10 Quad Stretches

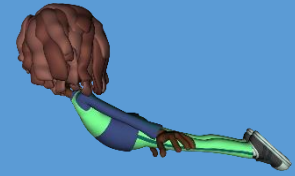


7 Burpees





FITNESS BINGO



Skip in a Circle 5 Times



Butterfly Stretches- 15



7 Squat Jumps



15 Arm Punches



8 Star Jumps



Plank Hold- 15



12 Scissor Steps



10 Straddle Stretches



10 Half Turn Jumps



10 Quad Stretches



7 Burpees



20 Arm Rotations



12 Neck Rotations



20 Shoulder Shrugs



10 Toe Touches



15 Crab Push-Ups



Jog in a Circle- 5 times



Dance in Place- 10



15 Mountain Climbers



10 Curl Ups



8 Push-Ups



10 Jumping Jacks



Run in Place- 10



5 Tuck Jumps

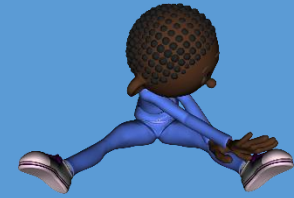


8 Lunges





FITNESS BINGO



15 Skier Jumps



Butterfly Stretches- 15



Run in Place- 10



10 Half Turn Jumps



Dance in Place- 10



5 Tuck Jumps



20 Arm Rotations



7 Burpees



March in Place- 10



15 Tramp Bounces



7 Squat Jumps



8 Push-Ups



10 Straddle Stretches



10 Jumping Jacks



15 Jump Rope Motions



Wall Sit- 15



12 Neck Rotations



15 Mountain Climbers



10 Toe Touches



15 Arm Punches



15 Crab Push-Ups



12 Scissor Steps



10 Curl Ups



20 Shoulder Shrugs



8 Lunges





FITNESS BINGO



8 Star Jumps



15 Arm Punches



Butterfly Stretches- 15



10 Straddle Stretches



Plank Hold- 15



8 Lunges



Dance in Place- 10



20 Arm Rotations



Jog in a Circle- 5 times



Skip in a Circle 5 Times



March in Place- 10



Wall Sit- 15



15 Skier Jumps



15 Jump Rope Motions



5 Tuck Jumps



Run in Place- 10



15 Crab Push-Ups



12 Neck Rotations



20 Shoulder Shrugs



7 Burpees



15 Mountain Climbers



10 Quad Stretches



12 Scissor Steps



10 Curl Ups

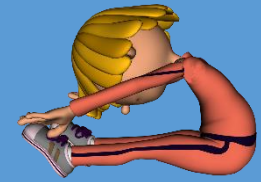


7 Squat Jumps





FITNESS BINGO



Plank Hold- 15



15 Crab Push-Ups



8 Push-Ups



12 Scissor Steps



20 Shoulder Shrugs



15 Arm Punches



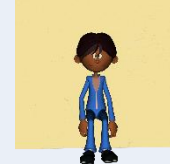
5 Tuck Jumps



10 Straddle Stretches



Wall Sit- 15



Jog in a Circle- 5 times



20 Arm Rotations



March in Place- 10



7 Squat Jumps



Skip in a Circle 5 Times



8 Star Jumps



10 Curl Ups



Dance in Place- 10



10 Toe Touches



15 Tramp Bounces



15 Jump Rope Motions



15 Skier Jumps



10 Half Turn Jumps



Run in Place- 10



Butterfly Stretches- 15



8 Lunges





FITNESS BINGO



15 Crab Push-Ups



Run in Place- 10



7 Burpees



15 Jump Rope Motions



10 Half Turn Jumps



15 Arm Punches



10 Straddle Stretches



Wall Sit- 15



8 Star Jumps



8 Push-Ups



10 Jumping Jacks



20 Arm Rotations



15 Tramp Bounces



10 Toe Touches



20 Shoulder Shrugs



Plank Hold- 15



12 Scissor Steps



8 Lunges



Dance in Place- 10



March in Place- 10



10 Curl Ups



7 Squat Jumps



Jog in a Circle- 5 times



Butterfly Stretches- 15

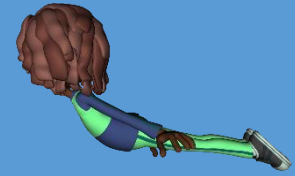


15 Mountain Climbers





FITNESS BINGO



8 Lunges



Run in Place- 10



15 Jump Rope Motions



15 Crab Push-Ups



7 Burpees



5 Tuck Jumps



10 Toe Touches



10 Curl Ups



Skip in a Circle 5 Times



15 Skier Jumps



15 Mountain Climbers



12 Neck Rotations



15 Tramp Bounces



10 Jumping Jacks



March in Place- 10



Plank Hold- 15



8 Star Jumps



10 Half Turn Jumps



8 Push-Ups



10 Straddle Stretches



7 Squat Jumps



Jog in a Circle- 5 times



Wall Sit- 15



Butterfly Stretches- 15

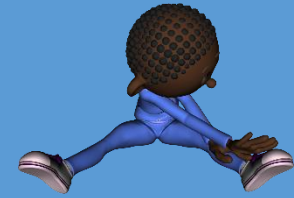


10 Quad Stretches





FITNESS BINGO



7 Squat Jumps



20 Shoulder Shrugs



10 Toe Touches



15 Crab Push-Ups



20 Arm Rotations



8 Push-Ups



Skip in a Circle 5 Times



8 Lunges



12 Scissor Steps



Jog in a Circle- 5 times



15 Tramp Bounces



10 Jumping Jacks



Butterfly Stretches- 15



Run in Place- 10



15 Arm Punches



Wall Sit- 15



March in Place- 10



10 Quad Stretches



5 Tuck Jumps



15 Skier Jumps



Dance in Place- 10



15 Mountain Climbers



10 Straddle Stretches



15 Jump Rope Motions



12 Neck Rotations





FITNESS BINGO



Dance in Place- 10



12 Neck Rotations



15 Skier Jumps



15 Arm Punches



15 Jump Rope Motions



8 Lunges



10 Straddle Stretches



15 Mountain Climbers



10 Quad Stretches



8 Push-Ups



15 Crab Push-Ups



15 Tramp Bounces



10 Toe Touches



March in Place- 10



Wall Sit- 15



7 Burpees



Jog in a Circle- 5 times



Skip in a Circle 5 Times



5 Tuck Jumps



7 Squat Jumps



10 Jumping Jacks



Plank Hold- 15



20 Arm Rotations



8 Star Jumps

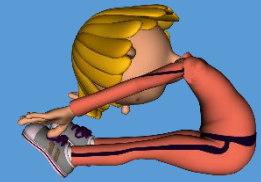


10 Half Turn Jumps





FITNESS BINGO



10 Curl Ups



Jog in a Circle- 5 times



10 Quad Stretches



March in Place- 10



15 Arm Punches



15 Mountain Climbers



7 Burpees



10 Straddle Stretches



Wall Sit- 15



7 Squat Jumps



10 Jumping Jacks



8 Star Jumps



8 Push-Ups



Butterfly Stretches- 15



15 Skier Jumps



15 Tramp Bounces



Run in Place- 10



20 Arm Rotations



15 Crab Push-Ups



15 Jump Rope Motions



12 Scissor Steps



10 Half Turn Jumps



Skip in a Circle 5 Times



20 Shoulder Shrugs



Plank Hold- 15





FITNESS BINGO



12 Scissor Steps



5 Tuck Jumps



10 Straddle Stretches



15 Skier Jumps



8 Push-Ups



Run in Place- 10



8 Star Jumps



10 Jumping Jacks



20 Shoulder Shrugs



8 Lunges



15 Tramp Bounces



15 Crab Push-Ups



Wall Sit- 15



Jog in a Circle- 5 times



7 Burpees



15 Jump Rope Motions



10 Curl Ups



10 Toe Touches



7 Squat Jumps



15 Arm Punches



Butterfly Stretches- 15



12 Neck Rotations



10 Quad Stretches



Skip in a Circle 5 Times

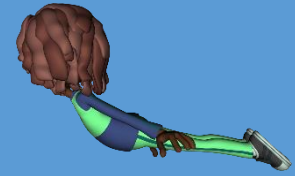


Plank Hold- 15





FITNESS BINGO



Skip in a Circle 5 Times



7 Burpees



15 Tramp Bounces



March in Place- 10



10 Jumping Jacks



Run in Place- 10



8 Lunges



10 Curl Ups



15 Mountain Climbers



8 Star Jumps



10 Toe Touches



20 Shoulder Shrugs



12 Scissor Steps



Dance in Place- 10



8 Push-Ups



15 Crab Push-Ups



10 Half Turn Jumps



15 Arm Punches



15 Skier Jumps



5 Tuck Jumps



Butterfly Stretches- 15



7 Squat Jumps



Jog in a Circle- 5 times



12 Neck Rotations

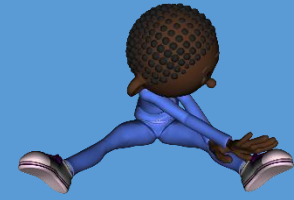


Wall Sit- 15





FITNESS BINGO



15 Arm Punches



12 Neck Rotations



March in Place- 10



5 Tuck Jumps



Skip in a Circle 5 Times



15 Skier Jumps



15 Mountain Climbers



Jog in a Circle- 5 times



Dance in Place- 10



10 Straddle Stretches



20 Shoulder Shrugs



Run in Place- 10



Plank Hold- 15



10 Half Turn Jumps



10 Curl Ups



10 Toe Touches



8 Star Jumps



15 Tramp Bounces



15 Crab Push-Ups



20 Arm Rotations



7 Squat Jumps



10 Jumping Jacks



8 Push-Ups



7 Burpees



15 Jump Rope Motions





FITNESS BINGO



15 Tramp Bounces



10 Quad Stretches



10 Curl Ups



Run in Place- 10



Jog in a Circle- 5 times



Skip in a Circle 5 Times



Dance in Place- 10



15 Crab Push-Ups



5 Tuck Jumps



Butterfly Stretches- 15



10 Jumping Jacks



8 Push-Ups



20 Arm Rotations



15 Skier Jumps



7 Squat Jumps



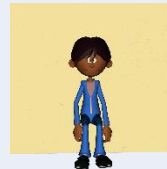
10 Half Turn Jumps



20 Shoulder Shrugs



Wall Sit- 15



10 Toe Touches



15 Jump Rope Motions



15 Arm Punches



10 Straddle Stretches



March in Place- 10



8 Lunges

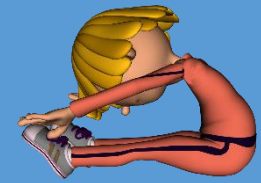


8 Star Jumps





FITNESS BINGO



Dance in Place- 10



Plank Hold- 15



12 Scissor Steps



Run in Place- 10



7 Squat Jumps



March in Place- 10



15 Tramp Bounces



12 Neck Rotations



5 Tuck Jumps



10 Toe Touches



Skip in a Circle 5 Times



7 Burpees



10 Quad Stretches



15 Mountain Climbers



20 Shoulder Shrugs



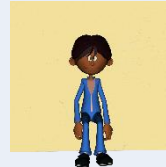
Jog in a Circle- 5 times



15 Crab Push-Ups



Wall Sit- 15



Butterfly Stretches- 15



8 Star Jumps



8 Lunges



8 Push-Ups



10 Curl Ups



15 Arm Punches



10 Straddle Stretches





FITNESS BINGO



10 Curl Ups



10 Jumping Jacks



15 Mountain Climbers



Jog in a Circle- 5 times



10 Quad Stretches



10 Toe Touches



Wall Sit- 15



20 Arm Rotations



12 Scissor Steps



Plank Hold- 15



7 Burpees



Skip in a Circle 5 Times



15 Arm Punches



15 Jump Rope Motions



March in Place- 10



8 Star Jumps



7 Squat Jumps



15 Crab Push-Ups



15 Tramp Bounces



10 Straddle Stretches



20 Shoulder Shrugs



Run in Place- 10



8 Lunges



Dance in Place- 10

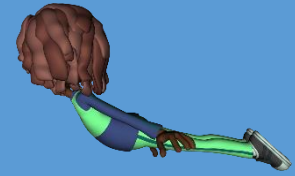


12 Neck Rotations





FITNESS BINGO



Plank Hold- 15



15 Jump Rope Motions



10 Quad Stretches



20 Arm Rotations



15 Tramp Bounces



8 Push-Ups



8 Lunges



10 Straddle Stretches



5 Tuck Jumps



8 Star Jumps



Skip in a Circle 5 Times



7 Squat Jumps



15 Skier Jumps



15 Mountain Climbers



10 Jumping Jacks



12 Scissor Steps



15 Arm Punches



10 Toe Touches



12 Neck Rotations



20 Shoulder Shrugs



15 Crab Push-Ups



Wall Sit- 15



10 Curl Ups



Run in Place- 10

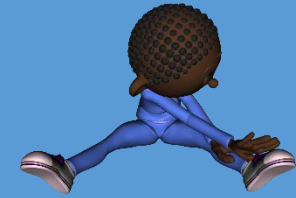


Butterfly Stretches- 15





FITNESS BINGO



15 Tramp Bounces



10 Quad Stretches



Wall Sit- 15



Run in Place- 10



15 Jump Rope Motions



10 Toe Touches



8 Push-Ups



Plank Hold- 15



7 Burpees



10 Half Turn Jumps



15 Skier Jumps



20 Arm Rotations



Jog in a Circle- 5 times



Skip in a Circle 5 Times



15 Mountain Climbers



Dance in Place- 10



15 Arm Punches



7 Squat Jumps



20 Shoulder Shrugs



8 Star Jumps



12 Neck Rotations



5 Tuck Jumps



March in Place- 10



8 Lunges



12 Scissor Steps





FITNESS BINGO



10 Curl Ups

15 Tramp Bounces

8 Push-Ups

10 Toe Touches

10 Straddle Stretches



12 Scissor Steps

Jog in a Circle- 5 times

10 Quad Stretches

Run in Place- 10

10 Jumping Jacks



10 Half Turn Jumps

Butterfly Stretches- 15

15 Jump Rope Motions

8 Lunges

5 Tuck Jumps



15 Mountain Climbers

Dance in Place- 10

8 Star Jumps

12 Neck Rotations

7 Squat Jumps



7 Burpees

March in Place- 10

15 Arm Punches

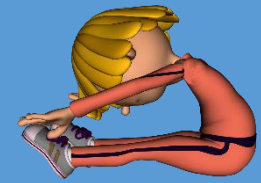
15 Crab Push-Ups

20 Shoulder Shrugs





FITNESS BINGO



10 Toe Touches



Jog in a Circle- 5 times



8 Lunges



12 Scissor Steps



20 Shoulder Shrugs



7 Burpees



Skip in a Circle 5 Times



20 Arm Rotations



15 Tramp Bounces



12 Neck Rotations



Run in Place- 10



15 Arm Punches



15 Skier Jumps



10 Curl Ups



10 Straddle Stretches



15 Jump Rope Motions



10 Quad Stretches



15 Mountain Climbers



Butterfly Stretches- 15



7 Squat Jumps



8 Star Jumps



10 Jumping Jacks



5 Tuck Jumps



Wall Sit- 15



March in Place- 10





FITNESS BINGO



10 Curl Ups



March in Place- 10



10 Quad Stretches



15 Skier Jumps



Dance in Place- 10



8 Star Jumps



Skip in a Circle 5 Times



12 Neck Rotations



5 Tuck Jumps



Butterfly Stretches- 15



8 Lunges



12 Scissor Steps



15 Jump Rope Motions



Jog in a Circle- 5 times



10 Half Turn Jumps



15 Arm Punches



15 Mountain Climbers



15 Crab Push-Ups



7 Squat Jumps



8 Push-Ups



Plank Hold- 15



20 Shoulder Shrugs



10 Jumping Jacks

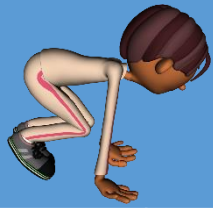


10 Straddle Stretches

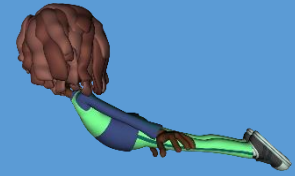


7 Burpees





FITNESS BINGO



Skip in a Circle 5 Times



Plank Hold- 15



12 Scissor Steps



7 Squat Jumps



15 Skier Jumps



20 Shoulder Shrugs



15 Jump Rope Motions



10 Toe Touches



Butterfly Stretches- 15



7 Burpees



10 Straddle Stretches



10 Half Turn Jumps



Dance in Place- 10



10 Jumping Jacks



15 Crab Push-Ups



Jog in a Circle- 5 times



March in Place- 10



10 Quad Stretches



15 Mountain Climbers



5 Tuck Jumps



8 Star Jumps



10 Curl Ups



8 Push-Ups



Run in Place- 10

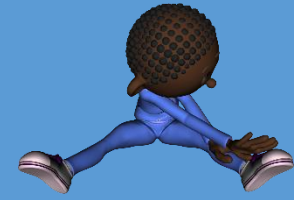


20 Arm Rotations





FITNESS BINGO



5 Tuck Jumps



March in Place- 10



10 Curl Ups



15 Tramp Bounces



15 Arm Punches



15 Mountain Climbers



20 Shoulder Shrugs



20 Arm Rotations



7 Burpees



10 Toe Touches



Dance in Place- 10



15 Jump Rope Motions



Run in Place- 10



15 Skier Jumps



Plank Hold- 15



8 Push-Ups



7 Squat Jumps



Jog in a Circle- 5 times



8 Star Jumps



10 Quad Stretches



15 Crab Push-Ups



8 Lunges



12 Neck Rotations



Skip in a Circle 5 Times



10 Jumping Jacks





FITNESS BINGO



Run in Place- 10



March in Place- 10



15 Arm Punches



10 Straddle Stretches



12 Neck Rotations



15 Jump Rope Motions



10 Curl Ups



8 Lunges



Jog in a Circle- 5 times



15 Tramp Bounces



Plank Hold- 15



10 Jumping Jacks



15 Crab Push-Ups



20 Shoulder Shrugs



Dance in Place- 10



5 Tuck Jumps



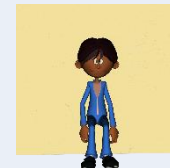
10 Half Turn Jumps



7 Squat Jumps



Wall Sit- 15



10 Quad Stretches



20 Arm Rotations



8 Star Jumps



8 Push-Ups



12 Scissor Steps

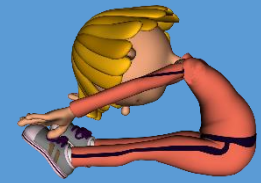


7 Burpees





FITNESS BINGO



10 Toe Touches



10 Straddle Stretches



Wall Sit- 15



15 Skier Jumps



15 Crab Push-Ups



10 Jumping Jacks



Butterfly Stretches- 15



15 Arm Punches



5 Tuck Jumps



15 Jump Rope Motions



12 Scissor Steps



20 Arm Rotations



Skip in a Circle 5 Times



March in Place- 10



10 Curl Ups



Run in Place- 10



8 Push-Ups



15 Mountain Climbers



8 Lunges



Dance in Place- 10



15 Tramp Bounces



8 Star Jumps



7 Burpees



20 Shoulder Shrugs



Plank Hold- 15





FITNESS BINGO



15 Tramp Bounces



15 Arm Punches



Dance in Place- 10



10 Curl Ups



15 Crab Push-Ups



10 Straddle Stretches



12 Neck Rotations



15 Skier Jumps



Jog in a Circle- 5 times



12 Scissor Steps



7 Burpees



10 Jumping Jacks



15 Mountain Climbers



Run in Place- 10



Butterfly Stretches- 15



7 Squat Jumps



Skip in a Circle 5 Times



5 Tuck Jumps



Plank Hold- 15



15 Jump Rope Motions



March in Place- 10



8 Push-Ups



10 Toe Touches



10 Half Turn Jumps

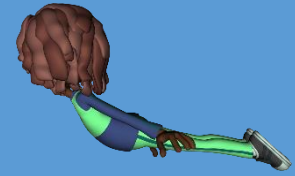


10 Quad Stretches





FITNESS BINGO



15 Arm Punches



Butterfly Stretches- 15



Skip in a Circle 5 Times



10 Jumping Jacks



8 Lunges



15 Mountain Climbers



12 Neck Rotations



Run in Place- 10



March in Place- 10



Dance in Place- 10



10 Toe Touches



Wall Sit- 15



12 Scissor Steps



Plank Hold- 15



15 Jump Rope Motions



10 Straddle Stretches



8 Push-Ups



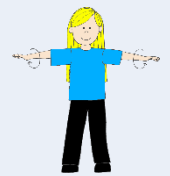
7 Squat Jumps



10 Quad Stretches



20 Arm Rotations



10 Curl Ups



5 Tuck Jumps



20 Shoulder Shrugs



8 Star Jumps

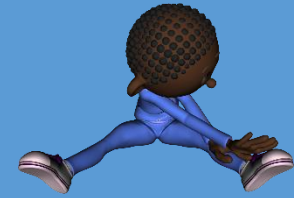


10 Half Turn Jumps





FITNESS BINGO



Butterfly Stretches- 15



8 Lunges



March in Place- 10



7 Squat Jumps



10 Half Turn Jumps



12 Scissor Steps



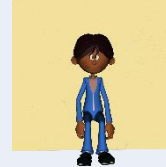
15 Crab Push-Ups



15 Skier Jumps



Wall Sit- 15



10 Toe Touches



15 Tramp Bounces



Skip in a Circle 5 Times



12 Neck Rotations



20 Shoulder Shrugs



Plank Hold- 15



5 Tuck Jumps



Jog in a Circle- 5 times



Run in Place- 10



15 Arm Punches



10 Quad Stretches



10 Straddle Stretches



10 Curl Ups



15 Jump Rope Motions



Dance in Place- 10



8 Push-Ups





FITNESS BINGO



20 Arm Rotations



Butterfly Stretches- 15



12 Neck Rotations



Wall Sit- 15



Plank Hold- 15



15 Tramp Bounces



10 Toe Touches



10 Quad Stretches



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15 Crab Push-Ups



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