

# Fitness Bingo Card

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Plank	Butt Kicks	Forward Punches	Lunges	Leg Kicks
Stride Jumps	Squats	Push Ups	Sit Ups	Mountain Climbers
High Knees	Burpees	Free!	Ski Jumps	Jump Rope In Place
Supermans	Neck Stretches	Arm Circles	Toe Touches	Run In Place
Hope On 1 Foot	Tuck Jumps	Calf Raises (Heel Lift)	Jumping Jacks	Windmills

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Neck Stretches	Supermans	Leg Kicks	Mountain Climbers	Stride Jumps
Butt Kicks	Forward Punches	Jump Rope In Place	Run In Place	Jumping Jacks
Push Ups	Lunges	Free!	Toe Touches	Burpees
Ski Jumps	Squats	Windmills	Hope On 1 Foot	Arm Circles
Tuck Jumps	Calf Raises (Heel Lift)	Plank	High Knees	Sit Ups

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Arm Circles	Burpees	Leg Kicks	Supermans	Lunges
Neck Stretches	Hope On 1 Foot	Forward Punches	Jump Rope In Place	Sit Ups
Stride Jumps	Plank	Free!	Ski Jumps	Run In Place
High Knees	Push Ups	Calf Raises (Heel Lift)	Jumping Jacks	Butt Kicks
Mountain Climbers	Tuck Jumps	Windmills	Toe Touches	Squats

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Burpees	Jumping Jacks	Stride Jumps	High Knees	Lunges
Toe Touches	Push Ups	Sit Ups	Arm Circles	Forward Punches
Windmills	Hope On 1 Foot	Free!	Butt Kicks	Squats
Supermans	Run In Place	Leg Kicks	Mountain Climbers	Calf Raises (Heel Lift)
Plank	Neck Stretches	Tuck Jumps	Ski Jumps	Jump Rope In Place

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Calf Raises (Heel Lift)	Windmills	Stride Jumps	Jumping Jacks	Supermans
Hope On 1 Foot	High Knees	Plank	Squats	Lunges
Tuck Jumps	Butt Kicks	Free!	Ski Jumps	Arm Circles
Jump Rope In Place	Neck Stretches	Mountain Climbers	Leg Kicks	Push Ups
Burpees	Sit Ups	Run In Place	Toe Touches	Forward Punches

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Burpees	Arm Circles	Stride Jumps	Run In Place	Lunges
Supermans	Jumping Jacks	Tuck Jumps	Squats	Calf Raises (Heel Lift)
Forward Punches	Push Ups	Free!	Sit Ups	Plank
Toe Touches	Neck Stretches	High Knees	Mountain Climbers	Leg Kicks
Butt Kicks	Jump Rope In Place	Windmills	Ski Jumps	Hope On 1 Foot

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Calf Raises (Heel Lift)	Push Ups	Jump Rope In Place	Toe Touches	Hope On 1 Foot
Windmills	Jumping Jacks	Leg Kicks	Forward Punches	Run In Place
Lunges	Plank	Free!	Burpees	Sit Ups
Neck Stretches	Butt Kicks	Arm Circles	Squats	Ski Jumps
Stride Jumps	Supermans	Mountain Climbers	High Knees	Tuck Jumps

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Neck Stretches	Toe Touches	Squats	Plank	Jump Rope In Place
Tuck Jumps	Burpees	Arm Circles	Ski Jumps	Jumping Jacks
Hop on 1 Foot	Calf Raises (Heel Lift)	Free!	Stride Jumps	Leg Kicks
Lunges	Sit Ups	Run In Place	Supermans	Mountain Climbers
Butt Kicks	Forward Punches	High Knees	Windmills	Push Ups