

FITNESS BINGO!

Do a silly dance!

10 shoulder shrugs!

Run in place for 20 seconds!

10 squats!

FREE CHOICE

Jump as high as you can 5 times!

10 karate kicks!

10 arm circles!

10 side leg raises!



FITNESS BINGO!

10 squats!

Hop on
1 leg for
15 seconds!

Touch your
toes
5 times!

5 push ups!

**FREE
CHOICE**

March in
place for
15 seconds!

10 jumping
jacks!

Big stretch!

10 shoulder
shrugs!



FITNESS BINGO!

5 crunches!

10 arm circles!

10 karate kicks!

Jump as high as you can 5 times!

FREE CHOICE

March in place for 15 seconds!

5 lunges!

Skip in a circle for 10 seconds!

Touch your toes 5 times!



FITNESS BINGO!

Run in place for 20 seconds!

Do a silly dance!

5 push ups!

Hop on 1 leg for 15 seconds!

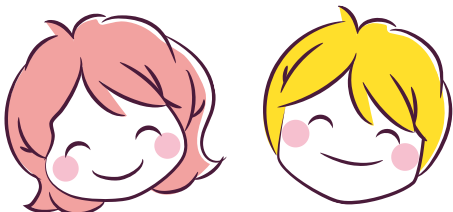
FREE CHOICE

10 arm circles!

10 side leg raises!

Big stretch!

5 frog jumps!



FITNESS BINGO!

5 lunges!

Jump as high as you can 5 times!

10 karate kicks!

5 crunches!

FREE CHOICE

5 frog jumps!

Skip in a circle for 10 seconds!

Run in place for 20 seconds!

Do a silly dance!



FITNESS CARDS

5 crunches!

10 jumping jacks!

Do a silly dance!

Hop on 1 leg for
15 seconds!

Touch your toes
5 times!

10 squats!

Run in place for
20 seconds!

5 push ups!

Jump as high as you
can 5 times!

Do a big stretch!

10 arm circles!

10 karate kicks!

FITNESS CARDS

5 lunges!

March in place for
15 seconds!

Skip in a circle for
10 seconds!

10 shoulder shrugs!

5 frog jumps!

10 side leg raises!