

B I N G O

COMPLETE A ROW: UP + DOWN, ACROSS, DIAGONAL, OR ENTIRE BOARD!

5  JUMPING JACKS	5  PUSH UPS	5  SIT UPS	5  KNEE TOUCHES	5  SQUATS
10  SECONDS ON 1 LEG	10  ARM CIRCLES	10  SHOULDER ROLLS	10  LUNGES	10  AIR PUNCHES
15  SECOND WASHING MACHINE	15  YOUR CHOICE	15  KNEE TOUCHES	15  SQUATS	15  SECOND SQUAT
10  AIR PUNCHES	10  SIT UPS	10  SECONDS ON 1 LEG	10  YOUR CHOICE	10  JUMPING JACKS
5  YOUR CHOICE	5  LUNGES	5  TOE TOUCHES	5  ARM CIRCLES	5  SIT UPS