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