

Fit BINGO

 Wall Sit	 Lunges	 Jacks	 Pushups	 Mt. Climber
 Sit-ups	 Planks	 Step-ups	 Jog in Place	 Dips
 V-Sit	 Spider-Man	 MWR	 High Knees	 Stand crunches
 Bicep Curl	 Russian Twist	 Burpee	 Toe Touch	 Squat lift
 Side Plank	 Cat Cow	 Side Lunge	 Front Kicks	

1. Do each exercise for 1 minute.
2. Complete 5 across for a Bingo.
3. Complete as many Bingos as you can.

You Win!