

# BINGO

1

10 Push ups

15 Sit Ups

60 second dance party

12 Lunges

30 Seconds of high knees

2

12 Air Squats

30 seconds jog in place

20 jumping jacks

10 Burpees

5 Stair climbs

3

10 Reverse Lunges

15 Air Punches



20 arm circles

15 push ups

4

15 Toe Touches

Hop on each foot 10 times

20 second plank

30 seconds of butt kickers

10 Frog Squats

5

20 skater hops

20 second crab walk

10 crunches

20 of your choice

20 seconds Zombie Walk