

Fitness Bingo!

Decide with your group how you want to achieve the first round of bingo. Once you decide, start with the first box!

*** CHECK THE BACK FOR MODIFICATONS***

<p>45 SECOND SIT-UPS</p> 	<p>40 SECOND JUMPING JACKS</p>	<p>30 SECOND WALL SIT</p> 	<p>30 SECOND PLANK VARIATION</p>	<p>40 SECOND HIGH KNEES</p> 
<p>30 SECOND HAMSTRING STRETCH</p> 	<p>45 SECOND BODY WEIGHT SQUATS</p>	<p>45 SECOND PUSH-UPS VARIATION</p> 	<p>30 SECOND UPPER BODY STRETCH VARIATION</p> 	<p>40 SECOND MOUNTAIN CLIMBERS VARIATION</p> 
<p>RUN/WALK ONE LAP AROUND HALF THE GYM</p>	<p>40 SECOND LEG RAISES</p> 	<p>FREE SPACE</p> 	<p>30 SECOND BUTT KICKERS</p> 	<p>30 SECOND QUAD STRETCH</p> 
<p>45 SECOND BODY WEIGHT SQUATS</p>	<p>45 SECOND BURPEE VARIATION</p> 	<p>45 SECOND LUNGES</p> 	<p>30 SECOND ARM CIRCLES</p> 	<p>45 SECOND ABDOMINAL TWISTS</p> 
<p>30 SECOND SKIERS</p> 	<p>30 SECOND TRICEP STRETCH</p> 	<p>SKIP ONE LAP AROUND HALF OF THE GYM</p>	<p>45 SECOND PUSH-UPS VARIATION</p> 	<p>45 SECOND SIDE LUNGES</p> 

MODIFICATIONS FOR FITNESS BINGO

PLANKS:



PUSH-UPS:



UPPER BODY STRETCHES:



MOUNTAIN CLIMBERS:



BURPEES:

How to do Burpees

