

FITNESS BINGO!

1 student will choose a spot on the board and we will
ALL complete the exercise!

1 LETTER

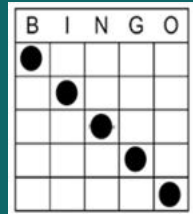
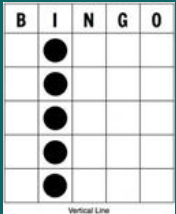
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1 NUMBER

B I N G O

1 2 3 4 5

Ways to get BINGO



“Secret Student”

If the secret student completes the exercise for the 15 second timer, the class will earn the spot of the board!

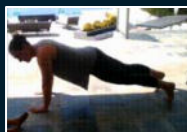
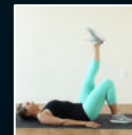
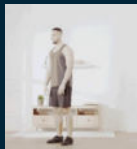
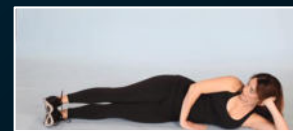
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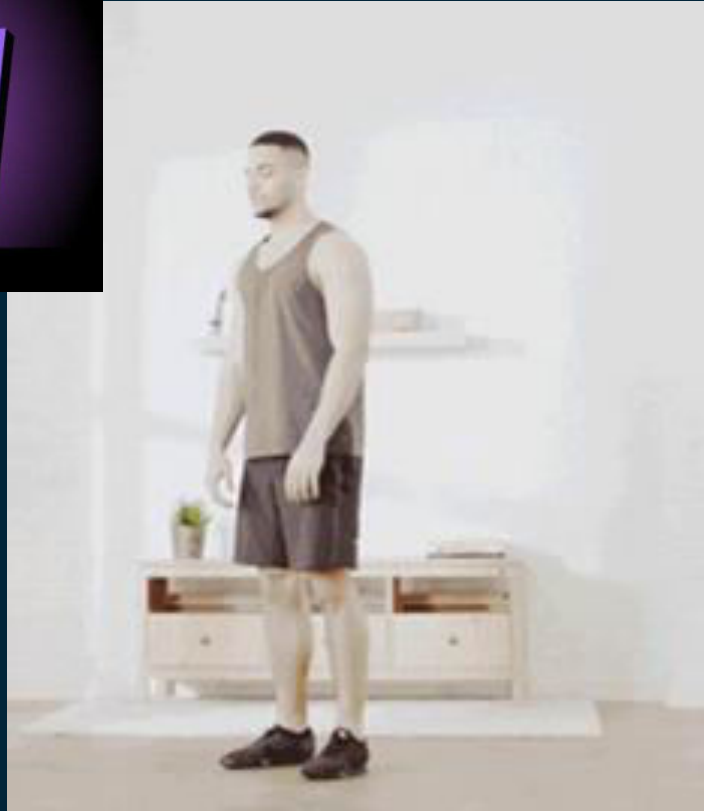
B

B I N G O



Cross Skiers

B



Burpees

B

B I N G O



Cross Jacks

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B I N G O

:15



Mountain Pose to Cobra Pose

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B I N G O

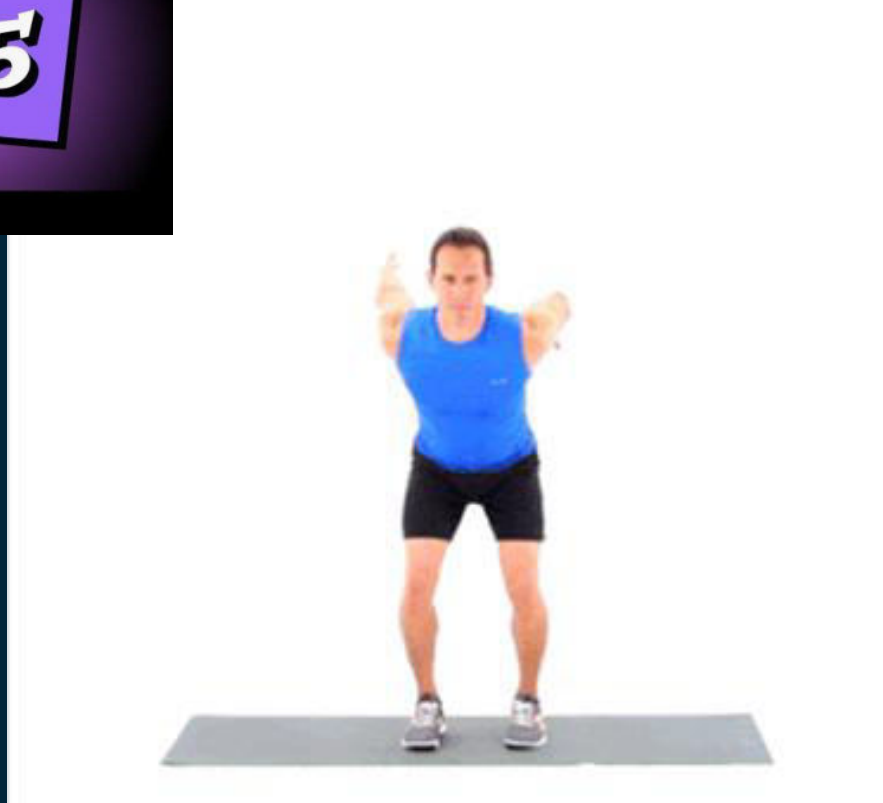
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Side Plank Lifts

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Tuck Jumps

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B I N G O

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Side Plank Hold

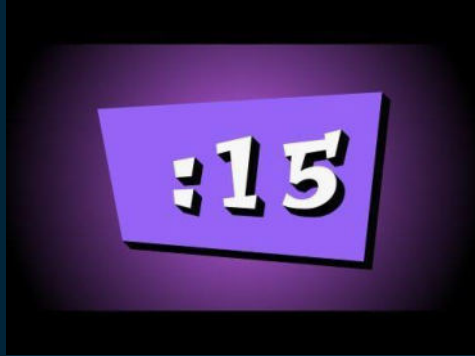
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Abdominal Toe Touch

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High Knees

N

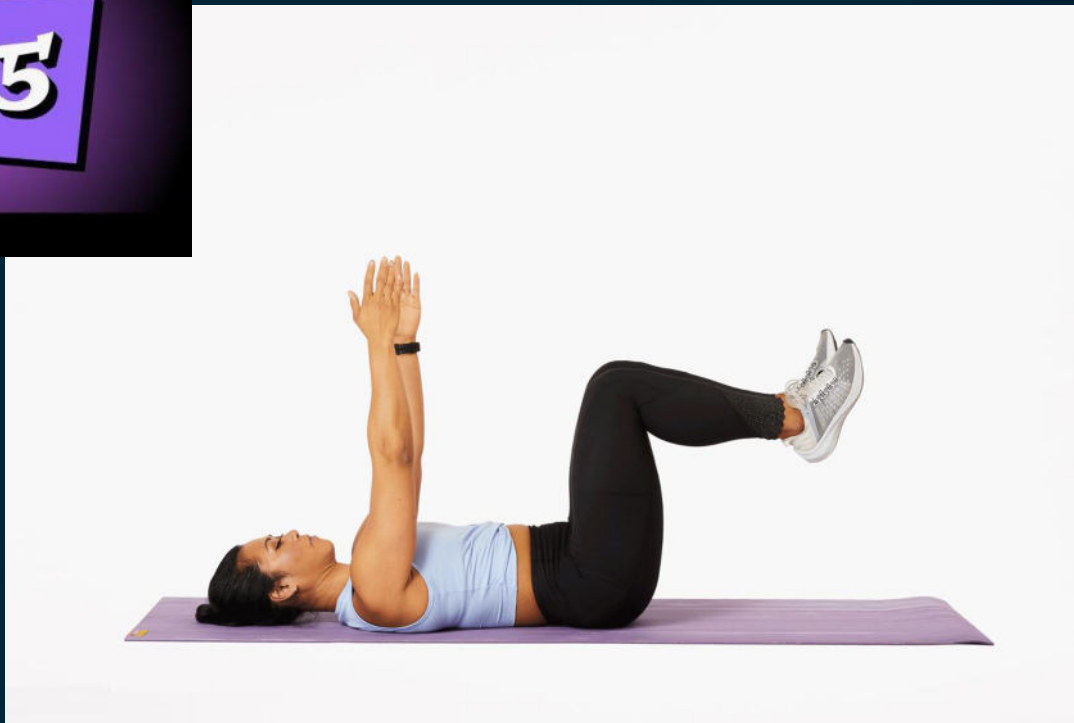
BINGO



V-Sit

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Dead Bug

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B I N G O



Arm Circles

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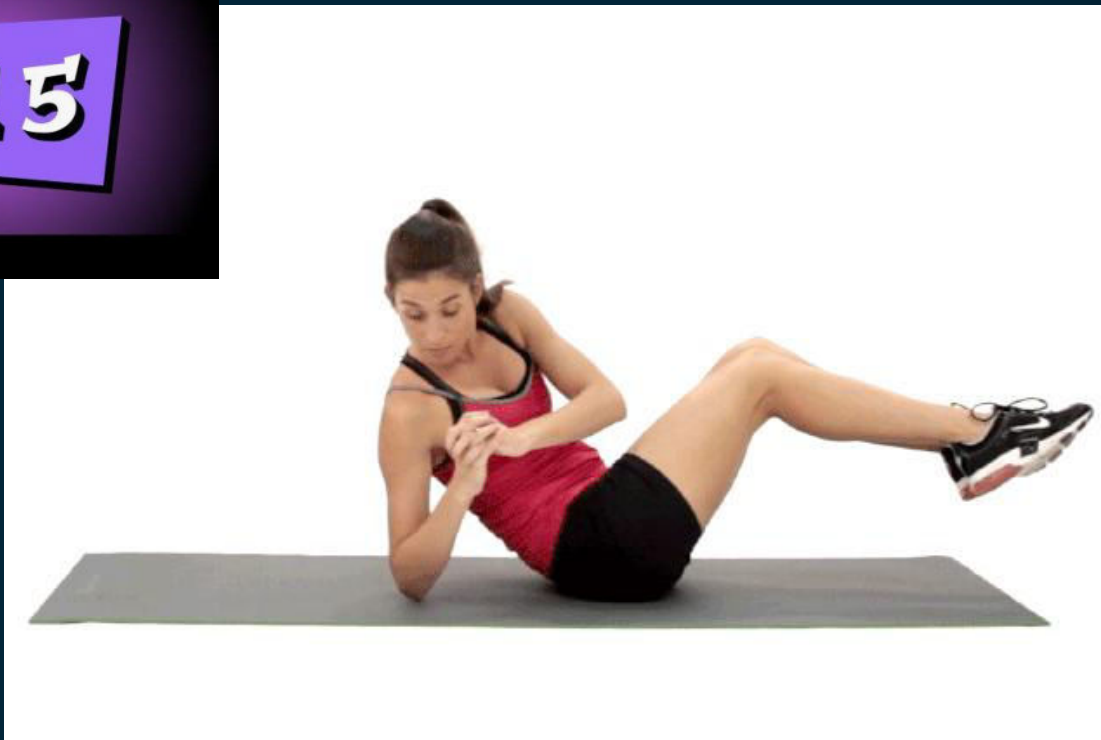
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Plank Toe Taps

G

B I N G O



Cherry Pickers

G

BINGO



Squats

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B I N G O

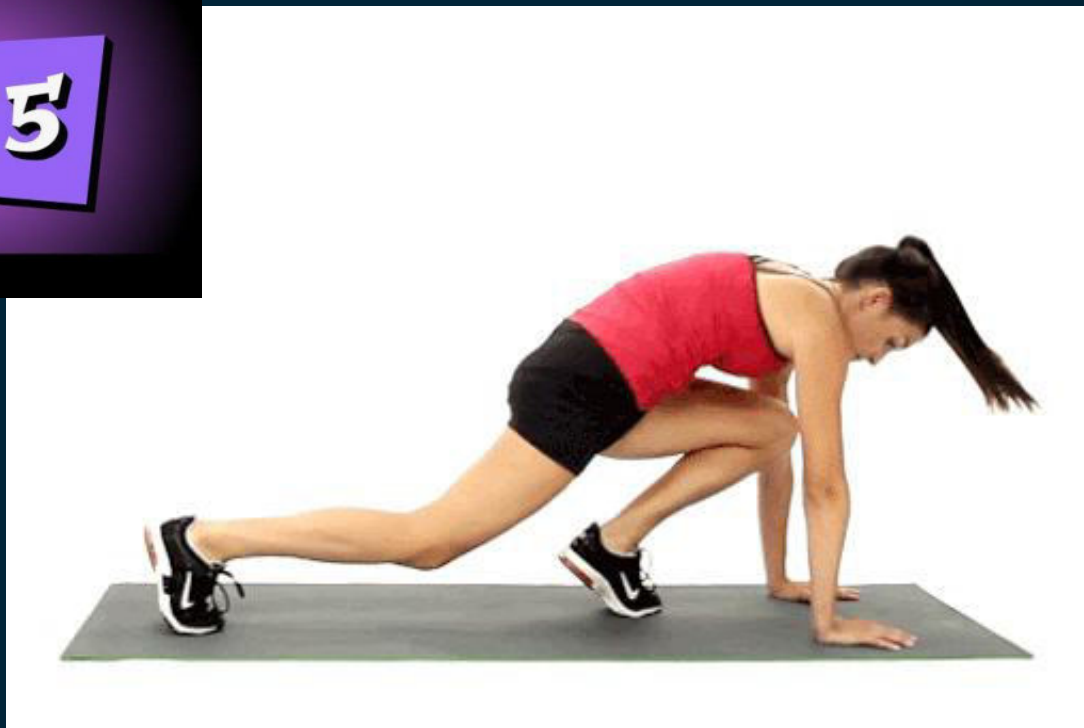
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Knee Push-Ups

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B I N G O



Mountain Climbers

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B I N G O

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Bird Dogs



Oblique Twist



Leg Lifts



V-Sit Crunches



Single Leg Lift



Push Ups

B



Quick Feet

B



Leg Kick Plank