

FITNESS PARTNER BINGO

COMPLETE EACH EXERCISE WITH A DIFFERENT PARTNER

(OR ALONE)

HAVE YOUR PARTNER INITIAL OR SIGN EACH BOX COMPLETED

B	I	N	G	O
20 JUMPING JACKS _____	10 PUSH UPS _____	RUN (JOG) 2 LAPS _____	20 SQUAT JUMPS _____	25 MOUNTAIN CLIMBERS _____
30 SECOND WALL-SIT _____	10 LUNGES _____	10 SIT-UPS _____	30 ARM CIRCLES _____	JUMP ROPE COUNT TO 30 _____
10 SIT-UP BALL PASSES _____	10 STEP UPS On a chair, bucket, crate or bench _____	20 WINDMILLS Opposite hand to feet _____	20 SECOND PLANK HOLD _____	10 WALL JUMPS (KEEP ARMS UP REACH HIGH EACH JUMP) _____
INVISIBLE HULA HOOP Count to 30 _____	8 BURPEES _____	DANCE FOR 30 SECONDS _____	BEAR WALK THE LENGTH OF THE GYM 60-90 ft _____	10 ONE-LEGGED HOPS _____