

# Fitness

# BINGO



**Dumbbells (DB) & Resistance Bands (RB)**

*(Soup cans, water jugs, milk jugs will make a good substitute!) GET CREATIVE! 😊*

Print off 2 Fitness Bingo cards. Cut each exercise out of one card, place exercises in a hat or cup. Draw an exercise, perform exercise, and try and get a BINGO!

<b>15 DB Shoulder Press</b>	<b>20 Plie Squats</b>	<b>25 (each) Skaters</b>	<b>25 Leg Lifts</b>	<b>20 RB Chest Press (floor or standing)</b>
<b>25 Russian Twists</b>	<b>12 RB Bicep Curls</b>	<b>20 RB Overhead Triceps Extensions</b>	<b>20 Deadlifts</b>	<b>25 (each) Mt. Climbers</b>
<b>20 (each) Clams</b>	<b>15 Dead Bugs</b>	<b>10 Burpees</b>	<b>15 RB Pull-Aparts</b>	<b>15 DB Front Raises</b>
<b>15 RB Lateral Raises</b>	<b>30 Jumping Jacks</b>	<b>20 (each) Donkey Kicks</b>	<b>20 DB Single Arm Bent Over Rows</b>	<b>60 second Plank</b>
<b>15 RB Push-ups</b>	<b>12 (each) DB Triceps Kickbacks</b>	<b>15 (each) Lunges</b>	<b>25 Crunches</b>	<b>20 Jump Squats</b>

**\*If you are not sure what an exercise is, YouTube it!**

*DISCLAIMER - You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge HaysMed- The Center for Health Improvement from any and all claims or causes of action.*