

# Fitness

# BINGO

WITH DUMBBELLS

(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!

15 Shoulder Press	20 Pliee Squats	20 Chest Press (on floor)	20 (total) Alt. Lunges (hold DB)	12 Overhead Triceps Extensions
10 (each) Renegade Rows	20 Deadlifts	25 Leg Lifts	12 Bicep Curls	20 (each) Side Leg Raises
15 Reverse Flys	12 Triceps Kickbacks	10 Burpees	20 Push-ups	15 Front Raises
15 Lateral Raises	20 (each) Donkey Kicks	10 (each) Single Leg Deadlift	20 Bent Over Rows	60 second Plank
8 Man Makers	20 Chest Flys (on floor)	20 (total) Plank Shoulder Taps	25 Crunches	20 Goblet Squats

**\*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.*