

# Fitness

# BINGO

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!

10 squats	30 seconds RUN IN PLACE	15 Push-ups	30 seconds WALL SIT	10 Bicycle Crunches
20 Mountain Climbers	30 seconds PLANK	15 Crunches	15 Dead Bugs	10 Walking Lunges
5 Push-ups	15 Leg Lifts	 REHYDRATE	20 Jumping Jacks	10 Burpees
30 seconds SIDE PLANK (each side)	10 Reverse Lunges	20 Crunches	10 Cat/Cow	15 Arm Circles (Forward/backwards)
10 Plank Jacks	20 Glute Bridge Pulses	5 Burpees	20 Heel Touches	15 Supermans

**\*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.*