

Fitness Bingo!

How to play:

You need one person to be the caller. It is their job to call out various fitness exercises from the list below. Everyone else needs a blank bingo grid. They write down 6 exercises from the list. The caller calls out one exercise at a time and everyone completes it (even if they don't have it on their bingo grid). If the exercise that is called out is written on their bingo grid, they cross it off after they've completed the exercise. The first person to cross off all 6 of their exercises shouts BINGO! You can play as many rounds of this as you like. Each time, the winner of the round could become the next caller. You can add/change any exercises on the list! Have fun!

List of exercises:

- 5 star jumps
- 5 jumps on the spot
- 5 heel flicks
- 5 punches on the spot
- 5 burpees
- 5 tuck jumps
- 5 high knees
- 5 sit ups
- 5 press ups
- 5 skips on the spot
- 5 squats
- 5 leg raises
- 5 glute bridges
- 5 arm circles
- 5 ski jumps
- 5 crunches
- 5 lunges
- 10 second wall sit
- 10 second plank
- 5 bicycle crunches

- 10 second jogging on the spot
- 5 toe touches
- 5 squat jumps
- 10 seconds dancing on the spot
- 5 hops on one leg
- 10 seconds climb the rope
- 10 seconds mountain climbers
- 5 frog jumps
- 5 bunny hops
- 5 touch your feet, touch the sky

Blank bingo grids

