


# Fitness Bingo

10 Sit-Ups	20 min. Walk	60 sec. Plank	25 Jumping Jacks	10 Push- Ups
10 min. Run	20 Squats	10 Burpees	30 sec. Plank	25 Arm Circles
20 Lunges	10 Sit-Ups		20 Squats	30 sec. Plank
10 Push- Ups	60 sec. Plank	20 Squats	20 min. Walk	20 Lunges
25 Jumping Jacks	10 min. Run	25 Arm Circles	30 sec. Plank	10 Burpees