

Bingo Card

| B | I | N | G | O |
|------------------------|--------------------------|------------------------|-----------------------------|----------------------|
| Wall Sit | Butt Kicks | Bear Crawl | Tuck Jumps | Leg Raises |
| One Leg Balance | Jumping Jacks | Triceps Stretch | Mountain Climbers | Crab Walk |
| Jog on the Spot | Hamstring Stretch | FREE CHOICE | Arm Circles | Hip Rotations |
| Calf Raises | Plank | Side Bends | Skipping | Squats |
| Superman's | Ski Hops | Jump Squats | Overhead Arm Stretch | Bridge Lift |

Bingo Card

Wall Sit - With your back against a wall, bend your knees and pretend to sit on chair. Hold for 30 seconds.

Butt Kicks - Jog on the spot while trying to kick your butt with your heels. Complete 25 per leg.

Bear Crawl - With your hands and feet on the ground, move forward starting with your right hand and left foot. Walk for 25 seconds.

Tuck Jumps - From a standing position, jump up while trying to bring your knees to your chest. Repeat 10 times.

Leg Raises - Lay on your side or on your back and lift your legs without bending at the knee. Try to hold at for 10 seconds. Repeat 5 times

One Leg Balance - Try to stand one leg for 30 seconds without falling over.

Jumping Jacks - Move your arms from your waist to over your head, and your legs away and towards your body, all while jumping - Complete 25

Triceps Stretch - Bring one elbow behind your head. With the opposite hand, lightly push the elbow down until you feel a gentle stretch. Hold for 20 seconds on each arm.

Mountain Climbers - Start on hands and toes. Pull one knee into chest and then put it back out. Switch to other leg. Walking one leg at a time into chest. Repeat 10 times

Crab Walk - Start by sitting up with both your knees bent pointing upward and both feet flat on the floor. Place your hands flat on the floor and slightly behind your back. Lift your hips off the floor and walk backward for 25 seconds

Jog on the Spot - Pretend to run in place for 30 seconds. Choose a speed of your choice.

Hamstring Stretch - Bend from the waist and try to touch your toes while keeping your legs straight. Hold for 20 seconds.

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Arm Circles - With your arms extended to the side, move them in forward circles 15 times, then backwards circles 15 times.

Hip Rotations - Move your hips in a circular motion, 10 times clockwise and counterclockwise.

Calf Raises - Stand on your toes. Lift your body up and down 15 times using only the front part of your feet.

Plank - Maintain a pushup position for at least 30 seconds.

Side Bends - With your hands on your hips, bend your body to the right. Reach over your head with your left arm to feel a stretch. Repeat on the left side. Hold for 20 seconds.

Skippping - Pretend to jump rope for 30 seconds.

Squats - With a bent knee, shoulder width apart, lower your body to a seated position and return up to a standing position. Repeat 15 times.

Superman's - Lie on your stomach. Lift your arms and legs off of the ground at the same time. Hold for 10 seconds. Repeat 3 times.

Ski Hops - With your feet together, hop to the left and right 15 times each.

Jump Squats - To start, bend your knees with legs shoulder width apart. Jump up and while landing, squat down as if you were sitting in a chair. Repeat 10 times.

Overhead Arm Stretch - Reach your arms over your head as far as you can with your fingers spread apart. Hold for 10 seconds. Repeat 3 times.

Bridge Lift - Lie flat on your back. Pushing the body with the heels, lift the hips off the ground while keeping the back straight and shoulders on the ground. Hold for 5 seconds and return to the initial position, Repeat 5 times.