

At-Home Fitness BINGO



Goal: Complete 3 rows.
A completed row can be in any direction
(up, down, across or diagonal).
If rows overlap, you need to repeat that exercise.



Jumping Jacks	Crab Kicks	Kneeling Lean Backs	Plank With Shoulder Taps	Butt Kickers
20	10 (R+L=1)	15	10 (R+L=1)	20 (R+L=1)
Back Lunges With Twist	Rotating T-Stand	Oblique Crunch	Squat Jacks	Leg Sweeps
8 (R+L=1)	5 (R+L=1)	15 each	15	10 (R+L=1)
Push-ups	Skaters	Burpees	Kneeling Side Plank With Lift	Back Extensions
12	20 (R+L = 1)	10 (fast or slow)	12 each	15
Inchworms	Couch Bridges	Single Leg Deadlift	Butt Kickers	Plank - Pike Toe Touch
10	15	10 each	20 (R+L = 1)	5 (R+L = 1)
Skaters	Jumping Jacks	Reverse Plank With Leg Lift	Flutter Kicks	Squat Jacks
20 (R+L = 1)	20	8 (R+L=1)	15 (R+L = 1)	15

