



## FITNESS BINGO EXERCISE LIST

COMPLETE	EXERCISE (30 REPS EACH)
	Jump Squats
	Plank
	Burpees
	Leg raises
	Crunches
	Fire Hydrant
	One leg balance
	Bicycle crunches
	Diamond pushup
	Side plank
	V-Sit
	Squats
	Sumo squats
	Lunges
	Reverse lunges
	Lateral leg raises
	Glute bridges
	Mountain climbers
	Skater jumps
	Donkey kicks
	Standing oblique crunch
	Single leg glute bridges
	Donkey whips
	Curtsy lunges
	Wide grip pushups
	Froggers
	High knees to chest
	Run in place
	Side step squats
	Push-Ups