



# WORKOUT BINGO



**DIRECTIONS:** 1. Set the timer for 15 min 2. Try to perform each exercise for 1 minute 3. Try and get BINGO with 5 in a row or a blackout by completing all exercises

<b>Jumping Jacks</b>	<b>Mountain Climbers</b>	<b>Dance Around</b>	<b>Tricep Dips</b>	<b>Boxing Front Kicks</b>
<b>Push Ups</b>	<b>Butt Kickers</b>	<b>Boxing Jab/ Cross Combo</b>	<b>Plank Hold</b>	<b>Squats</b>
<b>High Knees</b>	<b>Flutter Kicks</b>	<b>Jog in Place</b>	<b>Alternating Lunges</b>	<b>Scissor Kicks</b>