

# B I N G O

5 squat jumps	1 minute meditation	run in place 30 seconds	5 burpees	30 second tress pose
bear crawl	5 mountain climbers	30 second crab crawl	15 second wall sit	10 am circles
water break	water break	Free!	jump up and down 10 times	5 lunges each leg
bend down touch your toes 5 times	10 donkey raises each leg	10 push ups	5 squats	10 jumping jacks
30 seconds run in place	5 side lunges each leg	water break	10 sit ups	10 second planks

# B I N G O

10 jumping jacks	5 lunges each leg	run in place 30 seconds	1 minute meditation	<b>water break</b>
5 squat jumps	<b>5 squats</b>	5 mountain climbers	30 second crab crawl	10 second planks
30 second tress pose	<b>water break</b>	<b>Free!</b>	bend down touch your toes 5 times	15 second wall sit
10 sit ups	<b>water break</b>	5 side lunges each leg	10 am circles	<b>bear crawl</b>
5 burpees	30 seconds run in place	10 push ups	jump up and down 10 times	10 donkey raises each leg

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5 lunges each leg	10 am circles	30 second tress pose	10 sit ups	water break
jump up and down 10 times	water break	10 second planks	10 jumping jacks	5 mountain climbers
10 push ups	5 squats	Free!	bear crawl	10 donkey raises each leg
1 minute meditation	15 second wall sit	run in place 30 seconds	5 burpees	5 side lunges each leg
water break	5 squat jumps	30 seconds run in place	bend down touch your toes 5 times	30 second crab crawl

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5 side lunges each leg	10 push ups	30 second tress pose	<b>10 am circles</b>	1 minute meditation
<b>5 squats</b>	<b>10 sit ups</b>	<b>water break</b>	10 donkey raises each leg	<b>water break</b>
30 seconds run in place	<b>bear crawl</b>	<b>Free!</b>	bend down touch your toes 5 times	10 jumping jacks
30 second crab crawl	5 squat jumps	5 burpees	run in place 30 seconds	<b>water break</b>
5 lunges each leg	10 second planks	15 second wall sit	jump up and down 10 times	5 mountain climbers

# B I N G O

5 lunges each leg	10 jumping jacks	30 second tress pose	15 second wall sit	water break
1 minute meditation	10 am circles	30 seconds run in place	10 donkey raises each leg	5 side lunges each leg
5 mountain climbers	water break	Free!	10 second planks	water break
jump up and down 10 times	5 squat jumps	10 sit ups	5 burpees	run in place 30 seconds
bear crawl	30 second crab crawl	10 push ups	bend down touch your toes 5 times	5 squats

# B I N G O

5 side lunges each leg	<b>water break</b>	30 second crab crawl	jump up and down 10 times	<b>5 squats</b>
10 push ups	<b>10 am circles</b>	run in place 30 seconds	5 mountain climbers	<b>15 second wall sit</b>
<b>water break</b>	<b>water break</b>	<b>Free!</b>	5 lunges each leg	<b>10 second planks</b>
5 squat jumps	<b>bear crawl</b>	10 jumping jacks	10 donkey raises each leg	bend down touch your toes 5 times
30 second tress pose	1 minute meditation	5 burpees	<b>10 sit ups</b>	30 seconds run in place

# B I N G O

5 squat jumps	jump up and down 10 times	10 donkey raises each leg	<b>water break</b>	30 second crab crawl
30 seconds run in place	5 lunges each leg	10 jumping jacks	bend down touch your toes 5 times	<b>10 am circles</b>
5 squats	5 side lunges each leg	<b>Free!</b>	30 second tress pose	run in place 30 seconds
<b>water break</b>	10 second planks	15 second wall sit	1 minute meditation	5 burpees
<b>bear crawl</b>	5 mountain climbers	<b>10 sit ups</b>	10 push ups	<b>water break</b>

# B I N G O

<b>water break</b>	<b>10 sit ups</b>	10 donkey raises each leg	<b>10 am circles</b>	10 push ups
15 second wall sit	10 second planks	run in place 30 seconds	<b>water break</b>	1 minute meditation
5 lunges each leg	<b>5 squats</b>	<b>Free!</b>	5 side lunges each leg	<b>bear crawl</b>
30 seconds run in place	jump up and down 10 times	30 second crab crawl	<b>water break</b>	5 mountain climbers
10 jumping jacks	<b>5 squat jumps</b>	30 second tress pose	<b>5 burpees</b>	bend down touch your toes 5 times



# Call List

Use this randomly generated list as your call list when playing the game. There is no need to say the BINGO column name. Place some kind of mark (like an X, a checkmark, a dot, tally mark, etc) on each cell as you announce it, to keep track. You can also cut out each item, place them in a bag and pull words from the bag.

1 30 second crab crawl	2 jump up and down 10 times	3 30 second tress pose	4 1 minute meditation	5 5 side lunges each leg	6 10 second planks	7 10 push ups
8 30 seconds run in place	9 bear crawl	10 bend down touch your toes 5 times	11 5 squats	12 water break	13 15 second wall sit	14 10 jumping jacks
15 10 donkey raises each leg	16 water break	17 5 lunges each leg	18 5 mountain climbers	19 run in place 30 seconds	20 water break	21 5 squat jumps
22 10 am circles	23 10 sit ups	24 5 burpees				