

# FITNESS BINGO



**PLANK FOR  
30 SECS**

**FULL SIT UP  
X 20**

**SQUAT  
X 20**

**JUMPING  
JACKS  
X 20**

**JOG ON THE  
SPOT FOR 30  
SECS**

**LUNGES  
X 20**

**PRESS UP  
X 10**

**HOP ON  
SPOT FOR  
30 SECS**

**SPRINT ON  
THE SPOT  
FOR 30 SECS**

**CAN YOU GET A FULL HOUSE? MARK OFF AS MANY AS YOU CAN DO**