

WEEKLY FITNESS BINGO



25 push-up

Walk 1 mile

25 Sit-Ups

Wake up before 9am

50 ab crunches

Jog 1/2 mile

100 Jumping Jacks

Stretch for 15 minutes

Drink 6 glasses

25 burpees

Meditate for 10 minutes

Jog in place for 60 seconds

Free Space

30 second plank

60 second wall-sit

6 inch leg lift for 60 seconds

Eat a fruit

20 Russian Twists

20 forward lunges

20 reverse lunges

30 calf raises

15 jump squats

15 flutter kicks

20 body weight squats

Free Space