

# BINGO

1	 8	 5	 30s	 15	 10s
2	 15	 15	 7	 10	 10
3	 8	 20		 15	 7
4	 10	 15s	 5	 30s	 15
5	 10	 30s	 8	 10s	 7



# F I T N E S S

# G A M E S

Use this guide to identify which exercises go with each picture.

EXERCISE	SYMBOL
Arm Punches	
Arm Rotations	
Bicycle Crunch	
Boxer Bounce	
Burpees	
Butt Kicks	
Chest Stretch	
Crab Push-Ups	
Crunches	
Drink Water	
Half Turn Jumps	
High Kicks	

EXERCISE	SYMBOL
High Knees	
Ice Skaters	
Jog In Place	
Jump Ropes	
Jumping Jacks	
Lunges	
March In Place	
Mountain Climbers	
Plank	
Push-Ups	
Quad Stretch	
Rows	

EXERCISE	SYMBOL
Saddle Stretch	
Shuffle Taps	
Side Lunge	
Sit ups	
Skier Jumps	
Skips	
Squats	
Star Jumps	
Toe Touches	
Tricep Dips	
Tuck Jumps	
Wall Sits	