

Boxing Bingo

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Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to mfbc.us/e/emqvdtk

Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to myfreebingocards.com/virtual-bingo.

Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/fag> where you will find solutions to most common problems.

Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: mfbc.us/s/emqvdtk

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/emqvdtk

Go to myfreebingocards.com/bingo-card-generator to create a new set of bingo cards.

Legal

The terms of use for these printable bingo cards can be found at myfreebingocards.com/terms.

Have Fun!

If you have any feedback or suggestions, drop us an email on hello@myfreebingocards.com.

Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

Jab Cross x 3, shuffle	20 Power Punches, 1 Burpee	Situp and Punch	Alternating Squat Kicks	R/House Kicks 10 e/s	90 Sec Shuttle Run	Flutter Kicks
50 Uppercuts, 50 Rips	90 Sec Skipping	Power Punches	Overhead Punches	Plank Punches	Glute Bridge Kicks	90 Sec M/Climbers
Lunge Kicks 10 e/s	Snappy Kicks 10 e/s	Oblique Punches 10 e/s	90 sec Burpees	10 Knees e/s, 10 Pushups	90 Sec Plank	Lunge to Kick 10 e/s
10 Elbow e/s	50 Power Punches, 10 squats	90 Secs Running Knees	Pushup Punch			

Bingo Card ID 001

Boxing Bingo

Overhead Punches	20 Power Punches, 1 Burpee	Flutter Kicks	90 Sec M/Climbers	Lunge Kicks 10 e/s
90 sec Burpees	Lunge to Kick 10 e/s	Plank Punches	Jab Cross x 3, shuffle	50 Uppercuts, 50 Rips
Power Punches	90 Sec Plank	R/House Kicks 10 e/s	10 Knees e/s, 10 Pushups	Situp and Punch
90 Sec Skipping	10 Elbow e/s	Alternating Squat Kicks	Snappy Kicks 10 e/s	90 Secs Running Knees
90 Sec Shuttle Run	50 Power Punches, 10 squats	Oblique Punches 10 e/s	Glute Bridge Kicks	Pushup Punch

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Bingo Card ID 002

Boxing Bingo

Plank Punches	Glute Bridge Kicks	Lunge to Kick 10 e/s	Overhead Punches	90 Sec Skipping
90 sec Burpees	90 Sec Plank	Oblique Punches 10 e/s	Power Punches	90 Sec M/Climbers
Situp and Punch	90 Secs Running Knees	50 Power Punches, 10 squats	10 Knees e/s, 10 Pushups	Alternating Squat Kicks
50 Uppercuts, 50 Rips	20 Power Punches, 1 Burpee	R/House Kicks 10 e/s	10 Elbow e/s	Flutter Kicks
Lunge Kicks 10 e/s	90 Sec Shuttle Run	Pushup Punch	Jab Cross x 3, shuffle	Snappy Kicks 10 e/s

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Bingo Card ID 003

Boxing Bingo

Oblique Punches 10 e/s	Jab Cross x 3, shuffle	Plank Punches	90 Secs Running Knees	Alternating Squat Kicks
Pushup Punch	90 Sec M/Climbers	Snappy Kicks 10 e/s	20 Power Punches, 1 Burpee	R/House Kicks 10 e/s
90 Sec Plank	Glute Bridge Kicks	Overhead Punches	10 Knees e/s, 10 Pushups	Lunge to Kick 10 e/s
90 Sec Shuttle Run	Power Punches	10 Elbow e/s	90 Sec Skipping	Situp and Punch
Lunge Kicks 10 e/s	Flutter Kicks	90 sec Burpees	50 Uppercuts, 50 Rips	50 Power Punches, 10 squats

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Bingo Card ID 004

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R/House Kicks 10 e/s	Flutter Kicks	Power Punches	50 Uppercuts, 50 Rips	Glute Bridge Kicks
10 Knees e/s, 10 Pushups	Jab Cross x 3, shuffle	Lunge Kicks 10 e/s	Situp and Punch	Plank Punches
Overhead Punches	Oblique Punches 10 e/s	Snappy Kicks 10 e/s	90 Sec Plank	50 Power Punches, 10 squats
90 Secs Running Knees	90 Sec Skipping	90 Sec M/Climbers	Pushup Punch	90 sec Burpees
Lunge to Kick 10 e/s	20 Power Punches, 1 Burpee	Alternating Squat Kicks	10 Elbow e/s	90 Sec Shuttle Run

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Flutter Kicks	50 Uppercuts, 50 Rips	R/House Kicks 10 e/s	90 Sec Plank	10 Elbow e/s
90 Sec Skipping	Plank Punches	Lunge to Kick 10 e/s	10 Knees e/s, 10 Pushups	Pushup Punch
Snappy Kicks 10 e/s	20 Power Punches, 1 Burpee	Situp and Punch	90 sec Burpees	Alternating Squat Kicks
90 Sec M/Climbers	50 Power Punches, 10 squats	Jab Cross x 3, shuffle	90 Secs Running Knees	Overhead Punches
90 Sec Shuttle Run	Power Punches	Oblique Punches 10 e/s	Glute Bridge Kicks	Lunge Kicks 10 e/s

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Flutter Kicks	20 Power Punches, 1 Burpee	Overhead Punches	90 Sec M/Climbers	Snappy Kicks 10 e/s
50 Power Punches, 10 squats	Lunge to Kick 10 e/s	90 Sec Plank	Glute Bridge Kicks	Plank Punches
Jab Cross x 3, shuffle	10 Elbow e/s	Oblique Punches 10 e/s	Lunge Kicks 10 e/s	Alternating Squat Kicks
90 Sec Skipping	Power Punches	R/House Kicks 10 e/s	Situp and Punch	90 sec Burpees
90 Secs Running Knees	Pushup Punch	50 Uppercuts, 50 Rips	10 Knees e/s, 10 Pushups	90 Sec Shuttle Run

Bingo Card ID 007

Boxing Bingo

Situp and Punch	50 Power Punches, 10 squats	Lunge Kicks 10 e/s	Power Punches	Snappy Kicks 10 e/s
90 Sec Shuttle Run	Plank Punches	Lunge to Kick 10 e/s	90 Sec M/Climbers	Alternating Squat Kicks
90 Sec Plank	Oblique Punches 10 e/s	90 sec Burpees	10 Knees e/s, 10 Pushups	Jab Cross x 3, shuffle
Flutter Kicks	Glute Bridge Kicks	90 Secs Running Knees	10 Elbow e/s	R/House Kicks 10 e/s
Overhead Punches	90 Sec Skipping	50 Uppercuts, 50 Rips	Pushup Punch	20 Power Punches, 1 Burpee

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Bingo Card ID 008

Boxing Bingo

Situp and Punch	Overhead Punches	90 Sec Skipping	90 sec Burpees	10 Elbow e/s
50 Power Punches, 10 squats	R/House Kicks 10 e/s	10 Knees e/s, 10 Pushups	Flutter Kicks	50 Uppercuts, 50 Rips
Plank Punches	Oblique Punches 10 e/s	Jab Cross x 3, shuffle	90 Sec Plank	90 Sec M/Climbers
Pushup Punch	20 Power Punches, 1 Burpee	Snappy Kicks 10 e/s	Alternating Squat Kicks	Lunge Kicks 10 e/s
90 Secs Running Knees	90 Sec Shuttle Run	Lunge to Kick 10 e/s	Glute Bridge Kicks	Power Punches

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90 Sec Skipping	90 Secs Running Knees	Glute Bridge Kicks	Power Punches	10 Knees e/s, 10 Pushups
Flutter Kicks	50 Uppercuts, 50 Rips	90 Sec M/Climbers	Alternating Squat Kicks	Overhead Punches
Oblique Punches 10 e/s	Jab Cross x 3, shuffle	Situp and Punch	90 Sec Plank	Lunge to Kick 10 e/s
Pushup Punch	90 Sec Shuttle Run	Lunge Kicks 10 e/s	50 Power Punches, 10 squats	90 sec Burpees
10 Elbow e/s	Plank Punches	20 Power Punches, 1 Burpee	Snappy Kicks 10 e/s	R/House Kicks 10 e/s

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R/House Kicks 10 e/s	Power Punches	Lunge Kicks 10 e/s	20 Power Punches, 1 Burpee	50 Power Punches, 10 squats
Lunge to Kick 10 e/s	90 Sec Shuttle Run	90 Sec Plank	10 Knees e/s, 10 Pushups	10 Elbow e/s
Glute Bridge Kicks	Snappy Kicks 10 e/s	Overhead Punches	90 Secs Running Knees	Plank Punches
Alternating Squat Kicks	Situp and Punch	Flutter Kicks	Pushup Punch	50 Uppercuts, 50 Rips
90 sec Burpees	Oblique Punches 10 e/s	90 Sec Skipping	90 Sec M/Climbers	Jab Cross x 3, shuffle

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20 Power Punches, 1 Burpee	Pushup Punch	Overhead Punches	10 Knees e/s, 10 Pushups	90 Sec M/Climbers
Jab Cross x 3, shuffle	90 Sec Skipping	Flutter Kicks	Glute Bridge Kicks	Plank Punches
90 Sec Shuttle Run	Situp and Punch	Lunge Kicks 10 e/s	Snappy Kicks 10 e/s	Alternating Squat Kicks
Lunge to Kick 10 e/s	Oblique Punches 10 e/s	Power Punches	50 Power Punches, 10 squats	R/House Kicks 10 e/s
10 Elbow e/s	90 Sec Plank	50 Uppercuts, 50 Rips	90 sec Burpees	90 Secs Running Knees

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Lunge to Kick 10 e/s	90 Sec Shuttle Run	Jab Cross x 3, shuffle	20 Power Punches, 1 Burpee	90 Sec Plank
90 Secs Running Knees	Glute Bridge Kicks	90 sec Burpees	Pushup Punch	90 Sec M/Climbers
Alternating Squat Kicks	Plank Punches	10 Knees e/s, 10 Pushups	Snappy Kicks 10 e/s	Situp and Punch
Flutter Kicks	R/House Kicks 10 e/s	Overhead Punches	90 Sec Skipping	50 Power Punches, 10 squats
10 Elbow e/s	Oblique Punches 10 e/s	Lunge Kicks 10 e/s	Power Punches	50 Uppercuts, 50 Rips

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Plank Punches	Snappy Kicks 10 e/s	50 Uppercuts, 50 Rips	90 Sec Skipping	90 Secs Running Knees
Glute Bridge Kicks	50 Power Punches, 10 squats	90 Sec M/Climbers	Situp and Punch	Jab Cross x 3, shuffle
Lunge to Kick 10 e/s	Power Punches	Overhead Punches	90 Sec Plank	90 Sec Shuttle Run
10 Elbow e/s	Lunge Kicks 10 e/s	10 Knees e/s, 10 Pushups	90 sec Burpees	R/House Kicks 10 e/s
20 Power Punches, 1 Burpee	Alternating Squat Kicks	Flutter Kicks	Pushup Punch	Oblique Punches 10 e/s

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90 Secs Running Knees	Snappy Kicks 10 e/s	50 Uppercuts, 50 Rips	Alternating Squat Kicks	Glute Bridge Kicks
50 Power Punches, 10 squats	Plank Punches	Oblique Punches 10 e/s	90 sec Burpees	Jab Cross x 3, shuffle
90 Sec Plank	Pushup Punch	Lunge to Kick 10 e/s	10 Elbow e/s	Flutter Kicks
Lunge Kicks 10 e/s	10 Knees e/s, 10 Pushups	R/House Kicks 10 e/s	90 Sec M/Climbers	Power Punches
Overhead Punches	Situp and Punch	90 Sec Skipping	90 Sec Shuttle Run	20 Power Punches, 1 Burpee

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90 Sec Shuttle Run	90 Sec Skipping	Flutter Kicks	Lunge to Kick 10 e/s	20 Power Punches, 1 Burpee
Oblique Punches 10 e/s	R/House Kicks 10 e/s	Glute Bridge Kicks	90 Sec M/Climbers	10 Knees e/s, 10 Pushups
Jab Cross x 3, shuffle	50 Uppercuts, 50 Rips	Power Punches	Plank Punches	Overhead Punches
Snappy Kicks 10 e/s	90 sec Burpees	90 Sec Plank	Situp and Punch	10 Elbow e/s
Pushup Punch	50 Power Punches, 10 squats	Lunge Kicks 10 e/s	Alternating Squat Kicks	90 Secs Running Knees

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10 Knees e/s, 10 Pushups	Jab Cross x 3, shuffle	Alternating Squat Kicks	Situp and Punch	90 Sec Plank
R/House Kicks 10 e/s	Pushup Punch	Plank Punches	Snappy Kicks 10 e/s	Glute Bridge Kicks
Oblique Punches 10 e/s	Lunge Kicks 10 e/s	10 Elbow e/s	Flutter Kicks	90 Secs Running Knees
Lunge to Kick 10 e/s	Overhead Punches	90 sec Burpees	90 Sec Skipping	Power Punches
50 Uppercuts, 50 Rips	90 Sec Shuttle Run	20 Power Punches, 1 Burpee	90 Sec M/Climbers	50 Power Punches, 10 squats

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Flutter Kicks	Jab Cross x 3, shuffle	90 Sec M/Climbers	Situp and Punch	Snappy Kicks 10 e/s
50 Uppercuts, 50 Rips	90 Sec Shuttle Run	20 Power Punches, 1 Burpee	Power Punches	90 Sec Skipping
90 Secs Running Knees	Glute Bridge Kicks	10 Elbow e/s	90 sec Burpees	Lunge to Kick 10 e/s
Alternating Squat Kicks	50 Power Punches, 10 squats	Pushup Punch	Lunge Kicks 10 e/s	Oblique Punches 10 e/s
Overhead Punches	R/House Kicks 10 e/s	10 Knees e/s, 10 Pushups	90 Sec Plank	Plank Punches

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Alternating Squat Kicks	20 Power Punches, 1 Burpee	10 Elbow e/s	50 Uppercuts, 50 Rips	Plank Punches
Glute Bridge Kicks	Overhead Punches	Jab Cross x 3, shuffle	Lunge Kicks 10 e/s	Oblique Punches 10 e/s
R/House Kicks 10 e/s	Flutter Kicks	90 sec Burpees	90 Secs Running Knees	90 Sec Skipping
Power Punches	90 Sec Plank	90 Sec Shuttle Run	90 Sec M/Climbers	50 Power Punches, 10 squats
10 Knees e/s, 10 Pushups	Lunge to Kick 10 e/s	Pushup Punch	Situp and Punch	Snappy Kicks 10 e/s

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90 Sec Plank	90 sec Burpees	Snappy Kicks 10 e/s	Alternating Squat Kicks	90 Secs Running Knees
50 Power Punches, 10 squats	90 Sec Skipping	50 Uppercuts, 50 Rips	Glute Bridge Kicks	Lunge Kicks 10 e/s
Oblique Punches 10 e/s	Situp and Punch	Overhead Punches	90 Sec M/Climbers	Power Punches
Lunge to Kick 10 e/s	90 Sec Shuttle Run	Plank Punches	10 Knees e/s, 10 Pushups	10 Elbow e/s
Flutter Kicks	Pushup Punch	Jab Cross x 3, shuffle	R/House Kicks 10 e/s	20 Power Punches, 1 Burpee

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Glute Bridge Kicks	Power Punches	90 Sec Plank	Jab Cross x 3, shuffle	10 Elbow e/s
Lunge to Kick 10 e/s	Lunge Kicks 10 e/s	90 Sec Shuttle Run	Flutter Kicks	20 Power Punches, 1 Burpee
Snappy Kicks 10 e/s	Pushup Punch	90 sec Burpees	Alternating Squat Kicks	90 Sec Skipping
Plank Punches	50 Power Punches, 10 squats	R/House Kicks 10 e/s	Situp and Punch	Oblique Punches 10 e/s
10 Knees e/s, 10 Pushups	90 Sec M/Climbers	50 Uppercuts, 50 Rips	90 Secs Running Knees	Overhead Punches

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Power Punches	Lunge Kicks 10 e/s	Jab Cross x 3, shuffle	90 Sec Shuttle Run	Overhead Punches
Oblique Punches 10 e/s	Flutter Kicks	R/House Kicks 10 e/s	50 Uppercuts, 50 Rips	10 Knees e/s, 10 Pushups
50 Power Punches, 10 squats	90 Sec M/Climbers	Situp and Punch	Snappy Kicks 10 e/s	90 Secs Running Knees
Lunge to Kick 10 e/s	Plank Punches	10 Elbow e/s	Glute Bridge Kicks	Alternating Squat Kicks
90 Sec Plank	20 Power Punches, 1 Burpee	90 sec Burpees	Pushup Punch	90 Sec Skipping

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Alternating Squat Kicks	10 Elbow e/s	50 Uppercuts, 50 Rips	90 Secs Running Knees	Lunge Kicks 10 e/s
Flutter Kicks	Lunge to Kick 10 e/s	20 Power Punches, 1 Burpee	90 Sec Skipping	10 Knees e/s, 10 Pushups
Situp and Punch	Plank Punches	Pushup Punch	90 sec Burpees	Overhead Punches
50 Power Punches, 10 squats	Glute Bridge Kicks	Power Punches	90 Sec M/Climbers	90 Sec Shuttle Run
R/House Kicks 10 e/s	Snappy Kicks 10 e/s	Oblique Punches 10 e/s	Jab Cross x 3, shuffle	90 Sec Plank

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90 sec Burpees	90 Secs Running Knees	10 Elbow e/s	Lunge to Kick 10 e/s	50 Power Punches, 10 squats
Power Punches	Situp and Punch	Oblique Punches 10 e/s	R/House Kicks 10 e/s	90 Sec Skipping
Plank Punches	Alternating Squat Kicks	90 Sec Plank	90 Sec Shuttle Run	Snappy Kicks 10 e/s
Glute Bridge Kicks	Pushup Punch	Lunge Kicks 10 e/s	Jab Cross x 3, shuffle	50 Uppercuts, 50 Rips
90 Sec M/Climbers	Overhead Punches	10 Knees e/s, 10 Pushups	20 Power Punches, 1 Burpee	Flutter Kicks

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Pushup Punch	Oblique Punches 10 e/s	90 Sec Plank	20 Power Punches, 1 Burpee	90 sec Burpees
Lunge Kicks 10 e/s	Jab Cross x 3, shuffle	Snappy Kicks 10 e/s	R/House Kicks 10 e/s	Flutter Kicks
Glute Bridge Kicks	90 Sec Shuttle Run	50 Uppercuts, 50 Rips	Alternating Squat Kicks	90 Sec Skipping
Lunge to Kick 10 e/s	10 Elbow e/s	50 Power Punches, 10 squats	90 Secs Running Knees	90 Sec M/Climbers
Overhead Punches	Power Punches	10 Knees e/s, 10 Pushups	Plank Punches	Situp and Punch

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Oblique Punches 10 e/s	Glute Bridge Kicks	R/House Kicks 10 e/s	50 Uppercuts, 50 Rips	50 Power Punches, 10 squats
90 Sec Skipping	Alternating Squat Kicks	10 Elbow e/s	90 Secs Running Knees	Situp and Punch
90 sec Burpees	Jab Cross x 3, shuffle	20 Power Punches, 1 Burpee	Power Punches	Pushup Punch
Plank Punches	Snappy Kicks 10 e/s	90 Sec M/Climbers	Overhead Punches	Lunge Kicks 10 e/s
90 Sec Shuttle Run	Flutter Kicks	Lunge to Kick 10 e/s	10 Knees e/s, 10 Pushups	90 Sec Plank

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10 Elbow e/s	90 Sec Shuttle Run	90 Secs Running Knees	Plank Punches	90 Sec Plank
10 Knees e/s, 10 Pushups	Situp and Punch	Alternating Squat Kicks	Power Punches	90 sec Burpees
50 Uppercuts, 50 Rips	Lunge to Kick 10 e/s	Flutter Kicks	50 Power Punches, 10 squats	Lunge Kicks 10 e/s
Oblique Punches 10 e/s	Pushup Punch	Glute Bridge Kicks	Snappy Kicks 10 e/s	Jab Cross x 3, shuffle
Overhead Punches	90 Sec Skipping	20 Power Punches, 1 Burpee	90 Sec M/Climbers	R/House Kicks 10 e/s

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Flutter Kicks	90 Sec Shuttle Run	Situp and Punch	R/House Kicks 10 e/s	Glute Bridge Kicks
Power Punches	10 Knees e/s, 10 Pushups	10 Elbow e/s	Snappy Kicks 10 e/s	Pushup Punch
50 Uppercuts, 50 Rips	Oblique Punches 10 e/s	Alternating Squat Kicks	50 Power Punches, 10 squats	Overhead Punches
90 Sec Skipping	Lunge Kicks 10 e/s	Jab Cross x 3, shuffle	90 Secs Running Knees	90 sec Burpees
20 Power Punches, 1 Burpee	Lunge to Kick 10 e/s	Plank Punches	90 Sec M/Climbers	90 Sec Plank

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90 sec Burpees	Overhead Punches	Situp and Punch	Lunge to Kick 10 e/s	90 Sec Plank
Power Punches	Pushup Punch	R/House Kicks 10 e/s	10 Elbow e/s	Jab Cross x 3, shuffle
50 Power Punches, 10 squats	Oblique Punches 10 e/s	Plank Punches	90 Secs Running Knees	90 Sec Skipping
50 Uppercuts, 50 Rips	20 Power Punches, 1 Burpee	90 Sec Shuttle Run	90 Sec M/Climbers	Glute Bridge Kicks
Snappy Kicks 10 e/s	Lunge Kicks 10 e/s	10 Knees e/s, 10 Pushups	Alternating Squat Kicks	Flutter Kicks

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90 sec Burpees	20 Power Punches, 1 Burpee	Pushup Punch	10 Elbow e/s	50 Uppercuts, 50 Rips
90 Sec Shuttle Run	10 Knees e/s, 10 Pushups	50 Power Punches, 10 squats	Alternating Squat Kicks	90 Sec Skipping
Glute Bridge Kicks	Jab Cross x 3, shuffle	Snappy Kicks 10 e/s	R/House Kicks 10 e/s	90 Sec Plank
Oblique Punches 10 e/s	Plank Punches	Power Punches	90 Sec M/Climbers	Situp and Punch
Lunge Kicks 10 e/s	Lunge to Kick 10 e/s	Overhead Punches	90 Secs Running Knees	Flutter Kicks

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Lunge Kicks 10 e/s	90 Sec Shuttle Run	10 Knees e/s, 10 Pushups	90 Sec Plank	R/House Kicks 10 e/s
90 Sec M/Climbers	Jab Cross x 3, shuffle	Power Punches	90 sec Burpees	Situp and Punch
Overhead Punches	Glute Bridge Kicks	Flutter Kicks	50 Uppercuts, 50 Rips	20 Power Punches, 1 Burpee
Alternating Squat Kicks	Plank Punches	Oblique Punches 10 e/s	90 Secs Running Knees	50 Power Punches, 10 squats
10 Elbow e/s	Pushup Punch	Lunge to Kick 10 e/s	90 Sec Skipping	Snappy Kicks 10 e/s