

# Fitness Bingo Challenge

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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/n7dzdck](https://mfbc.us/e/n7dzdck)

## 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](https://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/n7dzdck](https://mfbc.us/s/n7dzdck)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/n7dzdck](https://mfbc.us/e/n7dzdck)

Go to [myfreebingocards.com/bingo-card-generator](https://myfreebingocards.com/bingo-card-generator) to create a new set of bingo cards.

## Legal

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## Have Fun!

If you have any feedback or suggestions, drop us an email on [hello@myfreebingocards.com](mailto: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.

90 second Plank	3X 20 Arm Circles forward/20 backwards	5X Squat 10 / Pulse 10	50 Battle Rope	Wall Sit for a total of 3 min. Can be broken up	10 Burpees	3X 20 Superman
100 Jumping Jacks	10X Plank Walkout	5X 20 Hip Thrusters	50 Weighted Toe Ups	10 Plank Up Downs	Eat 3 different Vegetables in one day	30 Wacky Jacks 2=1
50 Alternating Lunges	3X 20 Heel Touches 2=1	Spend 20 minutes Stretching	100 Steam Engine 2=1	45 seconds Hot Feet	5X 15 Toy Soldiers R/L	60 Toe Touch Crunches
Enjoy a 20 minute Walk outdoors	3X 10 Knee Tucks	Farmers Walk for 3 min. Can be broken up	50 Bar/ Wall or Regular Push Ups			

Bingo Card ID 001

# Fitness Bingo Challenge

60 Toe Touch Crunches	100 Jumping Jacks	50 Bar/Wall or Regular Push Ups	30 Wacky Jacks 2=1	5X 15 Toy Soldiers R/L
45 seconds Hot Feet	5X 20 Hip Thrusters	90 second Plank	50 Weighted Toe Ups	10X Plank Walkout
Eat 3 different Vegetables in one day	3X 10 Knee Tucks	Farmers Walk for 3 min. Can be broken up	10 Plank Up Downs	Spend 20 minutes Stretching
3X 20 Heel Touches 2=1	10 Burpees	50 Alternating Lunges	Wall Sit for a total of 3 min. Can be broken up	3X 20 Superman
3X 20 Arm Circles forward/20 backwards	100 Steam Engine 2=1	5X Squat 10 / Pulse 10	50 Battle Rope	Enjoy a 20 minute Walk outdoors

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Bingo Card ID 002

# Fitness Bingo Challenge

90 second Plank	50 Battle Rope	5X 20 Hip Thrusters	60 Toe Touch Crunches	3X 20 Heel Touches 2=1
45 seconds Hot Feet	3X 10 Knee Tucks	5X Squat 10 / Pulse 10	Eat 3 different Vegetables in one day	30 Wacky Jacks 2=1
Spend 20 minutes Stretching	3X 20 Superman	100 Steam Engine 2=1	10 Plank Up Downs	50 Alternating Lunges
10X Plank Walkout	100 Jumping Jacks	Farmers Walk for 3 min. Can be broken up	10 Burpees	50 Bar/Wall or Regular Push Ups
5X 15 Toy Soldiers R/L	3X 20 Arm Circles forward/20 backwards	Enjoy a 20 minute Walk outdoors	50 Weighted Toe Ups	Wall Sit for a total of 3 min. Can be broken up

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Bingo Card ID 003

# Fitness Bingo Challenge

5X Squat 10 / Pulse 10	50 Weighted Toe Ups	90 second Plank	3X 20 Superman	50 Alternating Lunges
Enjoy a 20 minute Walk outdoors	30 Wacky Jacks 2=1	Wall Sit for a total of 3 min. Can be broken up	100 Jumping Jacks	Farmers Walk for 3 min. Can be broken up
3X 10 Knee Tucks	50 Battle Rope	60 Toe Touch Crunches	10 Plank Up Downs	5X 20 Hip Thrusters
3X 20 Arm Circles forward/20 backwards	Eat 3 different Vegetables in one day	10 Burpees	3X 20 Heel Touches 2=1	Spend 20 minutes Stretching
5X 15 Toy Soldiers R/L	50 Bar/ Wall or Regular Push Ups	45 seconds Hot Feet	10X Plank Walkout	100 Steam Engine 2=1

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Bingo Card ID 004

# Fitness Bingo Challenge

Farmers Walk for 3 min. Can be broken up	50 Bar/ Wall or Regular Push Ups	Eat 3 different Vegetables in one day	10X Plank Walkout	50 Battle Rope
10 Plank Up Downs	50 Weighted Toe Ups	5X 15 Toy Soldiers R/L	Spend 20 minutes Stretching	90 second Plank
60 Toe Touch Crunches	5X Squat 10 / Pulse 10	Wall Sit for a total of 3 min. Can be broken up	3X 10 Knee Tucks	100 Steam Engine 2=1
3X 20 Superman	3X 20 Heel Touches 2=1	30 Wacky Jacks 2=1	Enjoy a 20 minute Walk outdoors	45 seconds Hot Feet
5X 20 Hip Thrusters	100 Jumping Jacks	50 Alternating Lunges	10 Burpees	3X 20 Arm Circles forward/20 backwards

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Bingo Card ID 005

# Fitness Bingo Challenge

50 Bar/Wall or Regular Push Ups	10X Plank Walkout	Farmers Walk for 3 min. Can be broken up	3X 10 Knee Tucks	10 Burpees
3X 20 Heel Touches 2=1	90 second Plank	5X 20 Hip Thrusters	10 Plank Up Downs	Enjoy a 20 minute Walk outdoors
Wall Sit for a total of 3 min. Can be broken up	100 Jumping Jacks	Spend 20 minutes Stretching	45 seconds Hot Feet	50 Alternating Lunges
30 Wacky Jacks 2=1	100 Steam Engine 2=1	50 Weighted Toe Ups	3X 20 Superman	60 Toe Touch Crunches
3X 20 Arm Circles forward/20 backwards	Eat 3 different Vegetables in one day	5X Squat 10 / Pulse 10	50 Battle Rope	5X 15 Toy Soldiers R/L

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Bingo Card ID 006

# Fitness Bingo Challenge

50 Bar/Wall or Regular Push Ups	100 Jumping Jacks	60 Toe Touch Crunches	30 Wacky Jacks 2=1	Wall Sit for a total of 3 min. Can be broken up
100 Steam Engine 2=1	5X 20 Hip Thrusters	3X 10 Knee Tucks	50 Battle Rope	90 second Plank
50 Weighted Toe Ups	10 Burpees	5X Squat 10 / Pulse 10	5X 15 Toy Soldiers R/L	50 Alternating Lunges
3X 20 Heel Touches 2=1	Eat 3 different Vegetables in one day	Farmers Walk for 3 min. Can be broken up	Spend 20 minutes Stretching	45 seconds Hot Feet
3X 20 Superman	Enjoy a 20 minute Walk outdoors	10X Plank Walkout	10 Plank Up Downs	3X 20 Arm Circles forward/20 backwards

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Bingo Card ID 007

# Fitness Bingo Challenge

Spend 20 minutes Stretching	100 Steam Engine 2=1	5X 15 Toy Soldiers R/L	Eat 3 different Vegetables in one day	Wall Sit for a total of 3 min. Can be broken up
3X 20 Arm Circles forward/20 backwards	90 second Plank	5X 20 Hip Thrusters	30 Wacky Jacks 2=1	50 Alternating Lunges
3X 10 Knee Tucks	5X Squat 10 / Pulse 10	45 seconds Hot Feet	10 Plank Up Downs	50 Weighted Toe Ups
50 Bar/Wall or Regular Push Ups	50 Battle Rope	3X 20 Superman	10 Burpees	Farmers Walk for 3 min. Can be broken up
60 Toe Touch Crunches	3X 20 Heel Touches 2=1	10X Plank Walkout	Enjoy a 20 minute Walk outdoors	100 Jumping Jacks

Bingo Card ID 008

# Fitness Bingo Challenge

Spend 20 minutes Stretching	60 Toe Touch Crunches	3X 20 Heel Touches 2=1	45 seconds Hot Feet	10 Burpees
100 Steam Engine 2=1	Farmers Walk for 3 min. Can be broken up	10 Plank Up Downs	50 Bar/Wall or Regular Push Ups	10X Plank Walkout
90 second Plank	5X Squat 10 / Pulse 10	50 Weighted Toe Ups	3X 10 Knee Tucks	30 Wacky Jacks 2=1
Enjoy a 20 minute Walk outdoors	100 Jumping Jacks	Wall Sit for a total of 3 min. Can be broken up	50 Alternating Lunges	5X 15 Toy Soldiers R/L
3X 20 Superman	3X 20 Arm Circles forward/20 backwards	5X 20 Hip Thrusters	50 Battle Rope	Eat 3 different Vegetables in one day

Bingo Card ID 009

# Fitness Bingo Challenge

3X 20 Heel Touches 2=1	3X 20 Superman	50 Battle Rope	Eat 3 different Vegetables in one day	10 Plank Up Downs
50 Bar/Wall or Regular Push Ups	10X Plank Walkout	30 Wacky Jacks 2=1	50 Alternating Lunges	60 Toe Touch Crunches
5X Squat 10 / Pulse 10	50 Weighted Toe Ups	Spend 20 minutes Stretching	3X 10 Knee Tucks	5X 20 Hip Thrusters
Enjoy a 20 minute Walk outdoors	3X 20 Arm Circles forward/20 backwards	5X 15 Toy Soldiers R/L	100 Steam Engine 2=1	45 seconds Hot Feet
10 Burpees	90 second Plank	100 Jumping Jacks	Wall Sit for a total of 3 min. Can be broken up	Farmers Walk for 3 min. Can be broken up

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Bingo Card ID 010

# Fitness Bingo Challenge

Farmers Walk for 3 min. Can be broken up	Eat 3 different Vegetables in one day	5X 15 Toy Soldiers R/L	100 Jumping Jacks	100 Steam Engine 2=1
5X 20 Hip Thrusters	3X 20 Arm Circles forward/20 backwards	3X 10 Knee Tucks	10 Plank Up Downs	10 Burpees
50 Battle Rope	Wall Sit for a total of 3 min. Can be broken up	60 Toe Touch Crunches	3X 20 Superman	90 second Plank
50 Alternating Lunges	Spend 20 minutes Stretching	50 Bar/Wall or Regular Push Ups	Enjoy a 20 minute Walk outdoors	10X Plank Walkout
45 seconds Hot Feet	5X Squat 10 / Pulse 10	3X 20 Heel Touches 2=1	30 Wacky Jacks 2=1	50 Weighted Toe Ups

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Bingo Card ID 011

# Fitness Bingo Challenge

100 Jumping Jacks	Enjoy a 20 minute Walk outdoors	60 Toe Touch Crunches	10 Plank Up Downs	30 Wacky Jacks 2=1
50 Weighted Toe Ups	3X 20 Heel Touches 2=1	50 Bar/Wall or Regular Push Ups	50 Battle Rope	90 second Plank
3X 20 Arm Circles forward/20 backwards	Spend 20 minutes Stretching	5X 15 Toy Soldiers R/L	Wall Sit for a total of 3 min. Can be broken up	50 Alternating Lunges
5X 20 Hip Thrusters	5X Squat 10 / Pulse 10	Eat 3 different Vegetables in one day	100 Steam Engine 2=1	Farmers Walk for 3 min. Can be broken up
10 Burpees	3X 10 Knee Tucks	10X Plank Walkout	45 seconds Hot Feet	3X 20 Superman

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Bingo Card ID 012

# Fitness Bingo Challenge

5X 20 Hip Thrusters	3X 20 Arm Circles forward/20 backwards	50 Weighted Toe Ups	100 Jumping Jacks	3X 10 Knee Tucks
3X 20 Superman	50 Battle Rope	45 seconds Hot Feet	Enjoy a 20 minute Walk outdoors	30 Wacky Jacks 2=1
50 Alternating Lunges	90 second Plank	10 Plank Up Downs	Wall Sit for a total of 3 min. Can be broken up	Spend 20 minutes Stretching
50 Bar/Wall or Regular Push Ups	Farmers Walk for 3 min. Can be broken up	60 Toe Touch Crunches	3X 20 Heel Touches 2=1	100 Steam Engine 2=1
10 Burpees	5X Squat 10 / Pulse 10	5X 15 Toy Soldiers R/L	Eat 3 different Vegetables in one day	10X Plank Walkout

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Bingo Card ID 013

# Fitness Bingo Challenge

90 second Plank	Wall Sit for a total of 3 min. Can be broken up	10X Plank Walkout	3X 20 Heel Touches 2=1	3X 20 Superman
50 Battle Rope	100 Steam Engine 2=1	30 Wacky Jacks 2=1	Spend 20 minutes Stretching	50 Weighted Toe Ups
5X 20 Hip Thrusters	Eat 3 different Vegetables in one day	60 Toe Touch Crunches	3X 10 Knee Tucks	3X 20 Arm Circles forward/20 backwards
10 Burpees	5X 15 Toy Soldiers R/L	10 Plank Up Downs	45 seconds Hot Feet	Farmers Walk for 3 min. Can be broken up
100 Jumping Jacks	50 Alternating Lunges	50 Bar/Wall or Regular Push Ups	Enjoy a 20 minute Walk outdoors	5X Squat 10 / Pulse 10

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Bingo Card ID 014

# Fitness Bingo Challenge

3X 20 Superman	Wall Sit for a total of 3 min. Can be broken up	10X Plank Walkout	50 Alternating Lunges	50 Battle Rope
100 Steam Engine 2=1	90 second Plank	5X Squat 10 / Pulse 10	45 seconds Hot Feet	50 Weighted Toe Ups
3X 10 Knee Tucks	Enjoy a 20 minute Walk outdoors	5X 20 Hip Thrusters	10 Burpees	50 Bar/Wall or Regular Push Ups
5X 15 Toy Soldiers R/L	10 Plank Up Downs	Farmers Walk for 3 min. Can be broken up	30 Wacky Jacks 2=1	Eat 3 different Vegetables in one day
60 Toe Touch Crunches	Spend 20 minutes Stretching	3X 20 Heel Touches 2=1	3X 20 Arm Circles forward/20 backwards	100 Jumping Jacks

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Bingo Card ID 015

# Fitness Bingo Challenge

3X 20 Arm Circles forward/20 backwards	3X 20 Heel Touches 2=1	50 Bar/Wall or Regular Push Ups	5X 20 Hip Thrusters	100 Jumping Jacks
5X Squat 10 / Pulse 10	Farmers Walk for 3 min. Can be broken up	50 Battle Rope	30 Wacky Jacks 2=1	10 Plank Up Downs
50 Weighted Toe Ups	10X Plank Walkout	Eat 3 different Vegetables in one day	90 second Plank	60 Toe Touch Crunches
Wall Sit for a total of 3 min. Can be broken up	45 seconds Hot Feet	3X 10 Knee Tucks	Spend 20 minutes Stretching	10 Burpees
Enjoy a 20 minute Walk outdoors	100 Steam Engine 2=1	5X 15 Toy Soldiers R/L	50 Alternating Lunges	3X 20 Superman

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Bingo Card ID 016

# Fitness Bingo Challenge

10 Plank Up Downs	50 Weighted Toe Ups	50 Alternating Lunges	Spend 20 minutes Stretching	3X 10 Knee Tucks
Farmers Walk for 3 min. Can be broken up	Enjoy a 20 minute Walk outdoors	90 second Plank	Wall Sit for a total of 3 min. Can be broken up	50 Battle Rope
5X Squat 10 / Pulse 10	5X 15 Toy Soldiers R/L	10 Burpees	50 Bar/Wall or Regular Push Ups	3X 20 Superman
5X 20 Hip Thrusters	60 Toe Touch Crunches	45 seconds Hot Feet	3X 20 Heel Touches 2=1	Eat 3 different Vegetables in one day
10X Plank Walkout	3X 20 Arm Circles forward/20 backwards	100 Jumping Jacks	30 Wacky Jacks 2=1	100 Steam Engine 2=1

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Bingo Card ID 017

# Fitness Bingo Challenge

50 Bar/Wall or Regular Push Ups	50 Weighted Toe Ups	30 Wacky Jacks 2=1	Spend 20 minutes Stretching	Wall Sit for a total of 3 min. Can be broken up
10X Plank Walkout	3X 20 Arm Circles forward/20 backwards	100 Jumping Jacks	Eat 3 different Vegetables in one day	3X 20 Heel Touches 2=1
3X 20 Superman	50 Battle Rope	10 Burpees	45 seconds Hot Feet	5X 20 Hip Thrusters
50 Alternating Lunges	100 Steam Engine 2=1	Enjoy a 20 minute Walk outdoors	5X 15 Toy Soldiers R/L	5X Squat 10 / Pulse 10
60 Toe Touch Crunches	Farmers Walk for 3 min. Can be broken up	10 Plank Up Downs	3X 10 Knee Tucks	90 second Plank

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Bingo Card ID 018

# Fitness Bingo Challenge

50 Alternating Lunges	100 Jumping Jacks	10 Burpees	10X Plank Walkout	90 second Plank
50 Battle Rope	60 Toe Touch Crunches	50 Weighted Toe Ups	5X 15 Toy Soldiers R/L	5X Squat 10 / Pulse 10
Farmers Walk for 3 min. Can be broken up	50 Bar/Wall or Regular Push Ups	45 seconds Hot Feet	3X 20 Superman	3X 20 Heel Touches 2=1
Eat 3 different Vegetables in one day	3X 10 Knee Tucks	3X 20 Arm Circles forward/20 backwards	30 Wacky Jacks 2=1	100 Steam Engine 2=1
10 Plank Up Downs	5X 20 Hip Thrusters	Enjoy a 20 minute Walk outdoors	Spend 20 minutes Stretching	Wall Sit for a total of 3 min. Can be broken up

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Bingo Card ID 019

# Fitness Bingo Challenge

3X 10 Knee Tucks	45 seconds Hot Feet	Wall Sit for a total of 3 min. Can be broken up	50 Alternating Lunges	3X 20 Superman
100 Steam Engine 2=1	3X 20 Heel Touches 2=1	10X Plank Walkout	50 Battle Rope	5X 15 Toy Soldiers R/L
5X Squat 10 / Pulse 10	Spend 20 minutes Stretching	60 Toe Touch Crunches	30 Wacky Jacks 2=1	Eat 3 different Vegetables in one day
5X 20 Hip Thrusters	3X 20 Arm Circles forward/20 backwards	90 second Plank	10 Plank Up Downs	10 Burpees
50 Bar/ Wall or Regular Push Ups	Enjoy a 20 minute Walk outdoors	50 Weighted Toe Ups	Farmers Walk for 3 min. Can be broken up	100 Jumping Jacks

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Bingo Card ID 020

# Fitness Bingo Challenge

50 Battle Rope	Eat 3 different Vegetables in one day	3X 10 Knee Tucks	50 Weighted Toe Ups	10 Burpees
5X 20 Hip Thrusters	5X 15 Toy Soldiers R/L	3X 20 Arm Circles forward/20 backwards	50 Bar/ Wall or Regular Push Ups	100 Jumping Jacks
Wall Sit for a total of 3 min. Can be broken up	Enjoy a 20 minute Walk outdoors	45 seconds Hot Feet	50 Alternating Lunges	3X 20 Heel Touches 2=1
90 second Plank	100 Steam Engine 2=1	Farmers Walk for 3 min. Can be broken up	Spend 20 minutes Stretching	5X Squat 10 / Pulse 10
10 Plank Up Downs	30 Wacky Jacks 2=1	10X Plank Walkout	3X 20 Superman	60 Toe Touch Crunches

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Bingo Card ID 021

# Fitness Bingo Challenge

Eat 3 different Vegetables in one day	5X 15 Toy Soldiers R/L	50 Weighted Toe Ups	3X 20 Arm Circles forward/20 backwards	60 Toe Touch Crunches
5X Squat 10 / Pulse 10	50 Bar/Wall or Regular Push Ups	Farmers Walk for 3 min. Can be broken up	10X Plank Walkout	10 Plank Up Downs
100 Steam Engine 2=1	30 Wacky Jacks 2=1	Spend 20 minutes Stretching	Wall Sit for a total of 3 min. Can be broken up	3X 20 Superman
5X 20 Hip Thrusters	90 second Plank	10 Burpees	50 Battle Rope	50 Alternating Lunges
3X 10 Knee Tucks	100 Jumping Jacks	45 seconds Hot Feet	Enjoy a 20 minute Walk outdoors	3X 20 Heel Touches 2=1

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Bingo Card ID 022

# Fitness Bingo Challenge

50 Alternating Lunges	10 Burpees	10X Plank Walkout	3X 20 Superman	5X 15 Toy Soldiers R/L
50 Bar/Wall or Regular Push Ups	5X 20 Hip Thrusters	100 Jumping Jacks	3X 20 Heel Touches 2=1	10 Plank Up Downs
Spend 20 minutes Stretching	90 second Plank	Enjoy a 20 minute Walk outdoors	45 seconds Hot Feet	60 Toe Touch Crunches
100 Steam Engine 2=1	50 Battle Rope	Eat 3 different Vegetables in one day	30 Wacky Jacks 2=1	3X 20 Arm Circles forward/20 backwards
Farmers Walk for 3 min. Can be broken up	Wall Sit for a total of 3 min. Can be broken up	5X Squat 10 / Pulse 10	50 Weighted Toe Ups	3X 10 Knee Tucks

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Bingo Card ID 023

# Fitness Bingo Challenge

45 seconds Hot Feet	3X 20 Superman	10 Burpees	5X 20 Hip Thrusters	100 Steam Engine 2=1
Eat 3 different Vegetables in one day	Spend 20 minutes Stretching	5X Squat 10 / Pulse 10	Farmers Walk for 3 min. Can be broken up	3X 20 Heel Touches 2=1
90 second Plank	50 Alternating Lunges	3X 10 Knee Tucks	3X 20 Arm Circles forward/20 backwards	Wall Sit for a total of 3 min. Can be broken up
50 Battle Rope	Enjoy a 20 minute Walk outdoors	5X 15 Toy Soldiers R/L	50 Weighted Toe Ups	10X Plank Walkout
30 Wacky Jacks 2=1	60 Toe Touch Crunches	10 Plank Up Downs	100 Jumping Jacks	50 Bar/Wall or Regular Push Ups

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Bingo Card ID 024

# Fitness Bingo Challenge

Enjoy a 20 minute Walk outdoors	5X Squat 10 / Pulse 10	3X 10 Knee Tucks	100 Jumping Jacks	45 seconds Hot Feet
5X 15 Toy Soldiers R/L	50 Weighted Toe Ups	Wall Sit for a total of 3 min. Can be broken up	Farmers Walk for 3 min. Can be broken up	50 Bar/Wall or Regular Push Ups
50 Battle Rope	3X 20 Arm Circles forward/20 backwards	10X Plank Walkout	50 Alternating Lunges	3X 20 Heel Touches 2=1
5X 20 Hip Thrusters	10 Burpees	100 Steam Engine 2=1	3X 20 Superman	30 Wacky Jacks 2=1
60 Toe Touch Crunches	Eat 3 different Vegetables in one day	10 Plank Up Downs	90 second Plank	Spend 20 minutes Stretching

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Bingo Card ID 025

# Fitness Bingo Challenge

5X Squat 10 / Pulse 10	50 Battle Rope	Farmers Walk for 3 min. Can be broken up	10X Plank Walkout	100 Steam Engine 2=1
3X 20 Heel Touches 2=1	50 Alternating Lunges	10 Burpees	3X 20 Superman	Spend 20 minutes Stretching
45 seconds Hot Feet	50 Weighted Toe Ups	100 Jumping Jacks	Eat 3 different Vegetables in one day	Enjoy a 20 minute Walk outdoors
90 second Plank	Wall Sit for a total of 3 min. Can be broken up	30 Wacky Jacks 2=1	60 Toe Touch Crunches	5X 15 Toy Soldiers R/L
3X 20 Arm Circles forward/20 backwards	50 Bar/ Wall or Regular Push Ups	5X 20 Hip Thrusters	10 Plank Up Downs	3X 10 Knee Tucks

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Bingo Card ID 026

# Fitness Bingo Challenge

10 Burpees	3X 20 Arm Circles forward/20 backwards	3X 20 Superman	90 second Plank	3X 10 Knee Tucks
10 Plank Up Downs	Spend 20 minutes Stretching	50 Alternating Lunges	Eat 3 different Vegetables in one day	45 seconds Hot Feet
10X Plank Walkout	5X 20 Hip Thrusters	50 Bar/ Wall or Regular Push Ups	100 Steam Engine 2=1	5X 15 Toy Soldiers R/L
5X Squat 10 / Pulse 10	Enjoy a 20 minute Walk outdoors	50 Battle Rope	Wall Sit for a total of 3 min. Can be broken up	50 Weighted Toe Ups
60 Toe Touch Crunches	3X 20 Heel Touches 2=1	100 Jumping Jacks	30 Wacky Jacks 2=1	Farmers Walk for 3 min. Can be broken up

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Bingo Card ID 027

# Fitness Bingo Challenge

50 Bar/Wall or Regular Push Ups	3X 20 Arm Circles forward/20 backwards	Spend 20 minutes Stretching	Farmers Walk for 3 min. Can be broken up	50 Battle Rope
Eat 3 different Vegetables in one day	10 Plank Up Downs	10 Burpees	Wall Sit for a total of 3 min. Can be broken up	Enjoy a 20 minute Walk outdoors
10X Plank Walkout	5X Squat 10 / Pulse 10	50 Alternating Lunges	100 Steam Engine 2=1	60 Toe Touch Crunches
3X 20 Heel Touches 2=1	5X 15 Toy Soldiers R/L	50 Weighted Toe Ups	3X 20 Superman	45 seconds Hot Feet
100 Jumping Jacks	5X 20 Hip Thrusters	90 second Plank	30 Wacky Jacks 2=1	3X 10 Knee Tucks

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Bingo Card ID 028

# Fitness Bingo Challenge

45 seconds Hot Feet	60 Toe Touch Crunches	Spend 20 minutes Stretching	5X 20 Hip Thrusters	3X 10 Knee Tucks
Eat 3 different Vegetables in one day	Enjoy a 20 minute Walk outdoors	Farmers Walk for 3 min. Can be broken up	10 Burpees	50 Weighted Toe Ups
100 Steam Engine 2=1	5X Squat 10 / Pulse 10	90 second Plank	3X 20 Superman	3X 20 Heel Touches 2=1
10X Plank Walkout	100 Jumping Jacks	3X 20 Arm Circles forward/20 backwards	30 Wacky Jacks 2=1	50 Battle Rope
Wall Sit for a total of 3 min. Can be broken up	5X 15 Toy Soldiers R/L	10 Plank Up Downs	50 Alternating Lunges	50 Bar/Wall or Regular Push Ups

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Bingo Card ID 029

# Fitness Bingo Challenge

45 seconds Hot Feet	100 Jumping Jacks	Enjoy a 20 minute Walk outdoors	10 Burpees	10X Plank Walkout
3X 20 Arm Circles forward/20 backwards	10 Plank Up Downs	100 Steam Engine 2=1	50 Alternating Lunges	3X 20 Heel Touches 2=1
50 Battle Rope	50 Weighted Toe Ups	Wall Sit for a total of 3 min. Can be broken up	Farmers Walk for 3 min. Can be broken up	3X 10 Knee Tucks
5X Squat 10 / Pulse 10	90 second Plank	Eat 3 different Vegetables in one day	30 Wacky Jacks 2=1	Spend 20 minutes Stretching
5X 15 Toy Soldiers R/L	5X 20 Hip Thrusters	60 Toe Touch Crunches	3X 20 Superman	50 Bar/ Wall or Regular Push Ups

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Bingo Card ID 030

# Fitness Bingo Challenge

5X 15 Toy Soldiers R/L	3X 20 Arm Circles forward/20 backwards	10 Plank Up Downs	3X 10 Knee Tucks	Farmers Walk for 3 min. Can be broken up
30 Wacky Jacks 2=1	50 Weighted Toe Ups	Eat 3 different Vegetables in one day	45 seconds Hot Feet	Spend 20 minutes Stretching
60 Toe Touch Crunches	50 Battle Rope	50 Bar/ Wall or Regular Push Ups	10X Plank Walkout	100 Jumping Jacks
50 Alternating Lunges	90 second Plank	5X Squat 10 / Pulse 10	3X 20 Superman	100 Steam Engine 2=1
10 Burpees	Enjoy a 20 minute Walk outdoors	5X 20 Hip Thrusters	3X 20 Heel Touches 2=1	Wall Sit for a total of 3 min. Can be broken up

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