Fitness Bingo Challenge

myfreebingocards.com

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

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 <u>myfreebingocards.com/virtual-bingo</u>.

Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <u>https://myfreebingocards.com/faq</u> 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

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/n7dzdck

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 <u>myfreebingocards.com/terms</u>.

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.

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			

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ණ ල ද	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		්ති (ඊ. දී	10 Burpees	3X 20 Arm Circles forward/20 backwards	3X 20 Superman	90 second Plank	3X 10 Knee Tucks	
	3X 20 Heel Touches 2=1	50 Alternating Lunges	10 Burpees	3X 20 Superman	Spend 20 minutes Stretching			10 Plank Up Downs	Spend 20 minutes Stretching	50 Alternating Lunges	Eat 3 different Vegetables in one day	45 seconds Hot Feet	8 3
	45 seconds Hot Feet	50 Weighted Toe Ups	100 Jumping Jacks	Eat 3 different Vegetables in one day	Enjoy a 20 minute Walk outdoors	* ? []		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	* ?
بي مريع ش	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		پہ مریک م	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	
	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	Ø MB		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	Con the second s
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0 0 0	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		бъ , С , С , С	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	10 Plank Up Downs	10 Burpees	Wall Sit for a total of 3 min. Can be broken up	Enjoy a 20 minute Walk outdoors	8 3		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	6 1000 1000
	10X Plank Walkout	5X Squat 10 / Pulse 10	50 Alternating Lunges	100 Steam Engine 2=1	60 Toe Touch Crunches	* ? ⊠ (100 Steam Engine 2=1	5X Squat 10 / Pulse 10	90 second Plank	3X 20 Superman	3X 20 Heel Touches 2=1	* ?
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	100 Jumping Jacks	5X 20 Hip Thrusters	90 second Plank	30 Wacky Jacks 2=1	3X 10 Knee Tucks	B		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	B
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	45 seconds Hot Feet	100 Jumping Jacks	Enjoy a 20 minute Walk outdoors	10 Burpees	10X Plank Walkout		ഗ്ര് ,0	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
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	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	* ?		60 Toe Touch Crunches	50 Battle Rope	50 Bar/ Wall or Regular Push Ups	10X Plank Walkout	100 Jumping Jacks
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	5X 15 Toy Soldiers R/L	5X 20 Hip Thrusters	60 Toe Touch Crunches	3X 20 Superman	50 Bar/ Wall or Regular Push Ups	B		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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