

Exercise 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/nhjkxz

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/nhjkxz

Edit and Create

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

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.

Elbow to Knee	Forward Arm Circles	Calf Raises	Jumping Jacks	Toe Touches	Lunge	Run in Place
High Knees	Butt Kicks	Tummy Twists	Ankle Rolls	Clockwise Neck Rolls	Squats	Shoulder Shrugs
Leg Lifts	Overhead Arm Reach	Side Leg Lifts	Straight Leg Lifts	Upward Punches	Cross- Body Punches	Sit and Reach
Backward Arm Circles	Counter clockwise Neck Rolls	Push Up	Jumps			

Bingo Card ID 001

Exercise Bingo

Side Leg Lifts	Butt Kicks	Leg Lifts	Counter clockwise Neck Rolls	Push Up
Jumping Jacks	Run in Place	Sit and Reach	Overhead Arm Reach	Clockwise Neck Rolls
Squats	Cross-Body Punches	Toe Touches	Backward Arm Circles	Tummy Twists
Forward Arm Circles	Ankle Rolls	Jumps	Upward Punches	High Knees
Elbow to Knee	Calf Raises	Shoulder Shrugs	Lunge	Straight Leg Lifts

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Bingo Card ID 002

Exercise Bingo

Sit and Reach	Lunge	Run in Place	Side Leg Lifts	Forward Arm Circles
Jumping Jacks	Cross-Body Punches	Shoulder Shrugs	Squats	Counter clockwise Neck Rolls
Tummy Twists	High Knees	Calf Raises	Backward Arm Circles	Jumps
Clockwise Neck Rolls	Butt Kicks	Toe Touches	Ankle Rolls	Leg Lifts
Push Up	Elbow to Knee	Straight Leg Lifts	Overhead Arm Reach	Upward Punches

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Bingo Card ID 003

Exercise Bingo

Shoulder Shrugs	Overhead Arm Reach	Sit and Reach	High Knees	Jumps
Straight Leg Lifts	Counter clockwise Neck Rolls	Upward Punches	Butt Kicks	Toe Touches
Cross-Body Punches	Lunge	Side Leg Lifts	Backward Arm Circles	Run in Place
Elbow to Knee	Squats	Ankle Rolls	Forward Arm Circles	Tummy Twists
Push Up	Leg Lifts	Jumping Jacks	Clockwise Neck Rolls	Calf Raises

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Bingo Card ID 004

Exercise Bingo

Toe Touches	Leg Lifts	Squats	Clockwise Neck Rolls	Lunge
Backward Arm Circles	Overhead Arm Reach	Push Up	Tummy Twists	Sit and Reach
Side Leg Lifts	Shoulder Shrugs	Upward Punches	Cross-Body Punches	Calf Raises
High Knees	Forward Arm Circles	Counter clockwise Neck Rolls	Straight Leg Lifts	Jumping Jacks
Run in Place	Butt Kicks	Jumps	Ankle Rolls	Elbow to Knee

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Bingo Card ID 005

Exercise Bingo

Leg Lifts	Clockwise Neck Rolls	Toe Touches	Cross-Body Punches	Ankle Rolls
Forward Arm Circles	Sit and Reach	Run in Place	Backward Arm Circles	Straight Leg Lifts
Upward Punches	Butt Kicks	Tummy Twists	Jumping Jacks	Jumps
Counter clockwise Neck Rolls	Calf Raises	Overhead Arm Reach	High Knees	Side Leg Lifts
Elbow to Knee	Squats	Shoulder Shrugs	Lunge	Push Up

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Bingo Card ID 006

Exercise Bingo

Leg Lifts	Butt Kicks	Side Leg Lifts	Counter clockwise Neck Rolls	Upward Punches
Calf Raises	Run in Place	Cross-Body Punches	Lunge	Sit and Reach
Overhead Arm Reach	Ankle Rolls	Shoulder Shrugs	Push Up	Jumps
Forward Arm Circles	Squats	Toe Touches	Tummy Twists	Jumping Jacks
High Knees	Straight Leg Lifts	Clockwise Neck Rolls	Backward Arm Circles	Elbow to Knee

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Bingo Card ID 007

Exercise Bingo

Tummy Twists	Calf Raises	Push Up	Squats	Upward Punches
Elbow to Knee	Sit and Reach	Run in Place	Counter clockwise Neck Rolls	Jumps
Cross-Body Punches	Shoulder Shrugs	Jumping Jacks	Backward Arm Circles	Overhead Arm Reach
Leg Lifts	Lunge	High Knees	Ankle Rolls	Toe Touches
Side Leg Lifts	Forward Arm Circles	Clockwise Neck Rolls	Straight Leg Lifts	Butt Kicks

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Bingo Card ID 008

Exercise Bingo

Tummy Twists	Side Leg Lifts	Forward Arm Circles	Jumping Jacks	Ankle Rolls
Calf Raises	Toe Touches	Backward Arm Circles	Leg Lifts	Clockwise Neck Rolls
Sit and Reach	Shoulder Shrugs	Overhead Arm Reach	Cross-Body Punches	Counter clockwise Neck Rolls
Straight Leg Lifts	Butt Kicks	Upward Punches	Jumps	Push Up
High Knees	Elbow to Knee	Run in Place	Lunge	Squats

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Bingo Card ID 009

Exercise Bingo

Forward Arm Circles	High Knees	Lunge	Squats	Backward Arm Circles
Leg Lifts	Clockwise Neck Rolls	Counter clockwise Neck Rolls	Jumps	Side Leg Lifts
Shoulder Shrugs	Overhead Arm Reach	Tummy Twists	Cross-Body Punches	Run in Place
Straight Leg Lifts	Elbow to Knee	Push Up	Calf Raises	Jumping Jacks
Ankle Rolls	Sit and Reach	Butt Kicks	Upward Punches	Toe Touches

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Bingo Card ID 010

Exercise Bingo

Toe Touches	Squats	Push Up	Butt Kicks	Calf Raises
Run in Place	Elbow to Knee	Cross-Body Punches	Backward Arm Circles	Ankle Rolls
Lunge	Upward Punches	Side Leg Lifts	High Knees	Sit and Reach
Jumps	Tummy Twists	Leg Lifts	Straight Leg Lifts	Clockwise Neck Rolls
Jumping Jacks	Shoulder Shrugs	Forward Arm Circles	Counter clockwise Neck Rolls	Overhead Arm Reach

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Bingo Card ID 011

Exercise Bingo

Butt Kicks	Straight Leg Lifts	Side Leg Lifts	Backward Arm Circles	Counter clockwise Neck Rolls
Overhead Arm Reach	Forward Arm Circles	Leg Lifts	Lunge	Sit and Reach
Elbow to Knee	Tummy Twists	Push Up	Upward Punches	Jumps
Run in Place	Shoulder Shrugs	Squats	Calf Raises	Toe Touches
Ankle Rolls	Cross-Body Punches	Clockwise Neck Rolls	Jumping Jacks	High Knees

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Bingo Card ID 012

Exercise Bingo

Run in Place	Elbow to Knee	Overhead Arm Reach	Butt Kicks	Cross-Body Punches
High Knees	Lunge	Jumping Jacks	Straight Leg Lifts	Counter clockwise Neck Rolls
Jumps	Sit and Reach	Backward Arm Circles	Upward Punches	Tummy Twists
Leg Lifts	Toe Touches	Side Leg Lifts	Forward Arm Circles	Calf Raises
Ankle Rolls	Shoulder Shrugs	Push Up	Squats	Clockwise Neck Rolls

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Exercise Bingo

Sit and Reach	Upward Punches	Clockwise Neck Rolls	Forward Arm Circles	High Knees
Lunge	Calf Raises	Counter clockwise Neck Rolls	Tummy Twists	Overhead Arm Reach
Run in Place	Squats	Side Leg Lifts	Cross-Body Punches	Elbow to Knee
Ankle Rolls	Push Up	Backward Arm Circles	Jumping Jacks	Toe Touches
Butt Kicks	Jumps	Leg Lifts	Straight Leg Lifts	Shoulder Shrugs

Exercise Bingo

High Knees	Upward Punches	Clockwise Neck Rolls	Jumps	Lunge
Calf Raises	Sit and Reach	Shoulder Shrugs	Jumping Jacks	Overhead Arm Reach
Cross-Body Punches	Straight Leg Lifts	Run in Place	Ankle Rolls	Leg Lifts
Push Up	Backward Arm Circles	Toe Touches	Counter clockwise Neck Rolls	Squats
Side Leg Lifts	Tummy Twists	Forward Arm Circles	Elbow to Knee	Butt Kicks

Bingo Card ID 015

Exercise Bingo

Elbow to Knee	Forward Arm Circles	Leg Lifts	Run in Place	Butt Kicks
Shoulder Shrugs	Toe Touches	Lunge	Counter clockwise Neck Rolls	Backward Arm Circles
Overhead Arm Reach	Clockwise Neck Rolls	Squats	Sit and Reach	Side Leg Lifts
Upward Punches	Jumping Jacks	Cross-Body Punches	Tummy Twists	Ankle Rolls
Straight Leg Lifts	Calf Raises	Push Up	Jumps	High Knees

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Bingo Card ID 016

Exercise Bingo

Backward Arm Circles	Overhead Arm Reach	Jumps	Tummy Twists	Cross-Body Punches
Toe Touches	Straight Leg Lifts	Sit and Reach	Upward Punches	Lunge
Shoulder Shrugs	Push Up	Ankle Rolls	Leg Lifts	High Knees
Run in Place	Side Leg Lifts	Jumping Jacks	Forward Arm Circles	Squats
Clockwise Neck Rolls	Elbow to Knee	Butt Kicks	Counter clockwise Neck Rolls	Calf Raises

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Bingo Card ID 017

Exercise Bingo

Leg Lifts	Overhead Arm Reach	Counter clockwise Neck Rolls	Tummy Twists	Upward Punches
Clockwise Neck Rolls	Elbow to Knee	Butt Kicks	Squats	Forward Arm Circles
High Knees	Lunge	Ankle Rolls	Jumping Jacks	Run in Place
Jumps	Calf Raises	Straight Leg Lifts	Push Up	Shoulder Shrugs
Side Leg Lifts	Toe Touches	Backward Arm Circles	Cross-Body Punches	Sit and Reach

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Bingo Card ID 018

Exercise Bingo

Jumps	Butt Kicks	Ankle Rolls	Clockwise Neck Rolls	Sit and Reach
Lunge	Side Leg Lifts	Overhead Arm Reach	Push Up	Shoulder Shrugs
Toe Touches	Leg Lifts	Jumping Jacks	High Knees	Forward Arm Circles
Squats	Cross-Body Punches	Elbow to Knee	Counter clockwise Neck Rolls	Calf Raises
Backward Arm Circles	Run in Place	Straight Leg Lifts	Tummy Twists	Upward Punches

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Bingo Card ID 019

Exercise Bingo

Cross-Body Punches	Jumping Jacks	Upward Punches	Jumps	High Knees
Calf Raises	Forward Arm Circles	Clockwise Neck Rolls	Lunge	Push Up
Shoulder Shrugs	Tummy Twists	Side Leg Lifts	Counter clockwise Neck Rolls	Squats
Run in Place	Elbow to Knee	Sit and Reach	Backward Arm Circles	Ankle Rolls
Leg Lifts	Straight Leg Lifts	Overhead Arm Reach	Toe Touches	Butt Kicks

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Bingo Card ID 020

Exercise Bingo

Lunge	Squats	Cross-Body Punches	Overhead Arm Reach	Ankle Rolls
Run in Place	Push Up	Elbow to Knee	Leg Lifts	Butt Kicks
Upward Punches	Straight Leg Lifts	Jumping Jacks	Jumps	Forward Arm Circles
Sit and Reach	Calf Raises	Toe Touches	Tummy Twists	Shoulder Shrugs
Backward Arm Circles	Counter clockwise Neck Rolls	Clockwise Neck Rolls	High Knees	Side Leg Lifts

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Exercise Bingo

Squats	Push Up	Overhead Arm Reach	Elbow to Knee	Side Leg Lifts
Shoulder Shrugs	Leg Lifts	Toe Touches	Clockwise Neck Rolls	Backward Arm Circles
Calf Raises	Counter clockwise Neck Rolls	Tummy Twists	Upward Punches	High Knees
Run in Place	Sit and Reach	Ankle Rolls	Lunge	Jumps
Cross-Body Punches	Butt Kicks	Jumping Jacks	Straight Leg Lifts	Forward Arm Circles

Exercise Bingo

Jumps	Ankle Rolls	Clockwise Neck Rolls	High Knees	Push Up
Leg Lifts	Run in Place	Butt Kicks	Forward Arm Circles	Backward Arm Circles
Tummy Twists	Sit and Reach	Straight Leg Lifts	Jumping Jacks	Side Leg Lifts
Calf Raises	Lunge	Squats	Counter clockwise Neck Rolls	Elbow to Knee
Toe Touches	Upward Punches	Shoulder Shrugs	Overhead Arm Reach	Cross-Body Punches

Bingo Card ID 023

Exercise Bingo

Jumping Jacks	High Knees	Ankle Rolls	Run in Place	Calf Raises
Squats	Tummy Twists	Shoulder Shrugs	Toe Touches	Forward Arm Circles
Sit and Reach	Jumps	Cross-Body Punches	Elbow to Knee	Upward Punches
Lunge	Straight Leg Lifts	Push Up	Overhead Arm Reach	Clockwise Neck Rolls
Counter clockwise Neck Rolls	Side Leg Lifts	Backward Arm Circles	Butt Kicks	Leg Lifts

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Bingo Card ID 024

Exercise Bingo

Straight Leg Lifts	Shoulder Shrugs	Cross-Body Punches	Butt Kicks	Jumping Jacks
Push Up	Overhead Arm Reach	Upward Punches	Toe Touches	Leg Lifts
Lunge	Elbow to Knee	Clockwise Neck Rolls	Jumps	Forward Arm Circles
Run in Place	Ankle Rolls	Calf Raises	High Knees	Counter clockwise Neck Rolls
Side Leg Lifts	Squats	Backward Arm Circles	Sit and Reach	Tummy Twists

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Bingo Card ID 025

Exercise Bingo

Shoulder Shrugs	Lunge	Toe Touches	Clockwise Neck Rolls	Calf Raises
Forward Arm Circles	Jumps	Ankle Rolls	High Knees	Tummy Twists
Jumping Jacks	Overhead Arm Reach	Butt Kicks	Squats	Straight Leg Lifts
Sit and Reach	Upward Punches	Counter clockwise Neck Rolls	Side Leg Lifts	Push Up
Elbow to Knee	Leg Lifts	Run in Place	Backward Arm Circles	Cross-Body Punches

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Bingo Card ID 026

Exercise Bingo

Ankle Rolls	Elbow to Knee	High Knees	Sit and Reach	Cross-Body Punches
Backward Arm Circles	Tummy Twists	Jumps	Squats	Jumping Jacks
Clockwise Neck Rolls	Run in Place	Leg Lifts	Calf Raises	Push Up
Shoulder Shrugs	Straight Leg Lifts	Lunge	Upward Punches	Overhead Arm Reach
Side Leg Lifts	Forward Arm Circles	Butt Kicks	Counter clockwise Neck Rolls	Toe Touches

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Bingo Card ID 027

Exercise Bingo

Leg Lifts	Elbow to Knee	Tummy Twists	Toe Touches	Lunge
Squats	Backward Arm Circles	Ankle Rolls	Upward Punches	Straight Leg Lifts
Clockwise Neck Rolls	Shoulder Shrugs	Jumps	Calf Raises	Side Leg Lifts
Forward Arm Circles	Push Up	Overhead Arm Reach	High Knees	Jumping Jacks
Butt Kicks	Run in Place	Sit and Reach	Counter clockwise Neck Rolls	Cross-Body Punches

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Bingo Card ID 028

Exercise Bingo

Jumping Jacks	Side Leg Lifts	Tummy Twists	Run in Place	Cross-Body Punches
Squats	Straight Leg Lifts	Toe Touches	Ankle Rolls	Overhead Arm Reach
Calf Raises	Shoulder Shrugs	Sit and Reach	High Knees	Forward Arm Circles
Clockwise Neck Rolls	Butt Kicks	Elbow to Knee	Counter clockwise Neck Rolls	Lunge
Upward Punches	Push Up	Backward Arm Circles	Jumps	Leg Lifts

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Bingo Card ID 029

Exercise Bingo

Jumping Jacks	Butt Kicks	Straight Leg Lifts	Ankle Rolls	Clockwise Neck Rolls
Elbow to Knee	Backward Arm Circles	Calf Raises	Jumps	Forward Arm Circles
Lunge	Overhead Arm Reach	Upward Punches	Toe Touches	Cross- Body Punches
Shoulder Shrugs	Sit and Reach	Squats	Counter clockwise Neck Rolls	Tummy Twists
Push Up	Run in Place	Side Leg Lifts	High Knees	Leg Lifts

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Bingo Card ID 030

Exercise Bingo

Push Up	Elbow to Knee	Backward Arm Circles	Cross- Body Punches	Toe Touches
Counter clockwise Neck Rolls	Overhead Arm Reach	Squats	Jumping Jacks	Tummy Twists
Side Leg Lifts	Lunge	Leg Lifts	Clockwise Neck Rolls	Butt Kicks
Jumps	Sit and Reach	Shoulder Shrugs	High Knees	Calf Raises
Ankle Rolls	Straight Leg Lifts	Run in Place	Forward Arm Circles	Upward Punches

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