

EXERCISE BINGO

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/pgxbd4

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/pgxbd4

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/pgxbd4

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.

sit ups	flutter kicks	shoulder touches	planks	butt kicks	mountain climbers	high knees
squat jumps	jog in place	push ups	burpees	inch worm	jumping jacks	side planks
jumping lunges	bicycle	tuck jumps	floor jacks	supermans	frankenstein	down dog
seal	pigeon	tree				

EXERCISE BINGO

side planks	butt kicks	mountain climbers	flutter kicks	push ups
jumping jacks	planks	sit ups	seal	floor jacks
squat jumps	tree	FREE SPACE	frankenstein	burpees
tuck jumps	inch worm	jumping lunges	bicycle	jog in place
high knees	down dog	pigeon	shoulder touches	supermans

EXERCISE BINGO

sit ups	seal	pigeon	side planks	inch worm
jumping jacks	frankenstein	shoulder touches	squat jumps	flutter kicks
tuck jumps	jog in place	FREE SPACE	down dog	jumping lunges
burpees	floor jacks	butt kicks	tree	bicycle
push ups	high knees	mountain climbers	planks	supermans

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shoulder touches	planks	sit ups	jog in place	jumping lunges
supermans	flutter kicks	frankenstein	pigeon	tree
butt kicks	side planks	FREE SPACE	burpees	high knees
seal	inch worm	squat jumps	bicycle	tuck jumps
push ups	mountain climbers	jumping jacks	floor jacks	down dog

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tree	mountain climbers	squat jumps	floor jacks	pigeon
burpees	planks	push ups	tuck jumps	shoulder touches
frankenstein	side planks	FREE SPACE	sit ups	down dog
jog in place	inch worm	flutter kicks	supermans	jumping jacks
seal	butt kicks	jumping lunges	bicycle	high knees

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mountain climbers	floor jacks	tree	frankenstein	bicycle
sit ups	inch worm	seal	supermans	burpees
butt kicks	tuck jumps	FREE SPACE	jumping jacks	jumping lunges
flutter kicks	down dog	jog in place	planks	side planks
high knees	squat jumps	push ups	shoulder touches	pigeon

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mountain climbers	butt kicks	side planks	down dog	flutter kicks
frankenstein	seal	pigeon	sit ups	planks
bicycle	jumping lunges	FREE SPACE	push ups	shoulder touches
inch worm	squat jumps	tree	tuck jumps	jumping jacks
jog in place	floor jacks	supermans	burpees	high knees

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tuck jumps	down dog	squat jumps	push ups	sit ups
high knees	seal	flutter kicks	jumping lunges	planks
frankenstein	shoulder touches	FREE SPACE	jumping jacks	burpees
mountain climbers	pigeon	jog in place	bicycle	tree
inch worm	side planks	floor jacks	butt kicks	supermans

EXERCISE BINGO

tuck jumps	side planks	inch worm	jumping jacks	bicycle
down dog	burpees	tree	mountain climbers	floor jacks
sit ups	shoulder touches	FREE SPACE	planks	frankenstein
butt kicks	supermans	flutter kicks	push ups	jumping lunges
seal	jog in place	high knees	pigeon	squat jumps

EXERCISE BINGO

inch worm	jog in place	pigeon	burpees	squat jumps
mountain climbers	floor jacks	flutter kicks	jumping lunges	side planks
shoulder touches	planks	FREE SPACE	tuck jumps	frankenstein
seal	high knees	supermans	push ups	down dog
jumping jacks	sit ups	butt kicks	bicycle	tree

EXERCISE BINGO

push ups	tree	squat jumps	butt kicks	down dog
seal	high knees	frankenstein	burpees	bicycle
pigeon	sit ups	FREE SPACE	jog in place	side planks
mountain climbers	tuck jumps	jumping lunges	supermans	floor jacks
shoulder touches	jumping jacks	inch worm	flutter kicks	planks

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butt kicks	supermans	burpees	side planks	flutter kicks
planks	inch worm	mountain climbers	sit ups	high knees
pigeon	push ups	FREE SPACE	tuck jumps	jumping lunges
seal	shoulder touches	squat jumps	down dog	tree
bicycle	frankenstein	floor jacks	jumping jacks	jog in place

EXERCISE BINGO

planks	high knees	seal	butt kicks	frankenstein
jog in place	pigeon	jumping jacks	supermans	flutter kicks
jumping lunges	sit ups	FREE SPACE	burpees	tuck jumps
mountain climbers	side planks	tree	inch worm	down dog
bicycle	shoulder touches	push ups	floor jacks	squat jumps

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sit ups	inch worm	floor jacks	jog in place	pigeon
down dog	flutter kicks	tuck jumps	planks	squat jumps
side planks	seal	FREE SPACE	frankenstein	high knees
bicycle	push ups	burpees	jumping jacks	butt kicks
tree	jumping lunges	mountain climbers	supermans	shoulder touches

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jog in place	floor jacks	jumping lunges	pigeon	down dog
sit ups	shoulder touches	jumping jacks	planks	frankenstein
supermans	bicycle	FREE SPACE	seal	mountain climbers
push ups	burpees	tree	flutter kicks	squat jumps
side planks	tuck jumps	inch worm	high knees	butt kicks

EXERCISE BINGO

high knees	inch worm	mountain climbers	seal	butt kicks
shoulder touches	tree	pigeon	flutter kicks	burpees
planks	floor jacks	FREE SPACE	squat jumps	sit ups
jumping jacks	side planks	tuck jumps	frankenstein	bicycle
supermans	down dog	push ups	jumping lunges	jog in place

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planks	jumping lunges	burpees	tuck jumps	frankenstein
tree	supermans	sit ups	pigeon	shoulder touches
push ups	bicycle	FREE SPACE	mountain climbers	jog in place
seal	side planks	jumping jacks	inch worm	squat jumps
floor jacks	high knees	butt kicks	flutter kicks	down dog

EXERCISE BINGO

mountain climbers	planks	flutter kicks	tuck jumps	floor jacks
squat jumps	butt kicks	high knees	jog in place	inch worm
pigeon	bicycle	FREE SPACE	jumping jacks	jumping lunges
seal	down dog	supermans	push ups	shoulder touches
side planks	tree	burpees	sit ups	frankenstein

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jumping lunges	butt kicks	bicycle	floor jacks	sit ups
pigeon	side planks	planks	push ups	shoulder touches
tree	mountain climbers	FREE SPACE	jumping jacks	jog in place
inch worm	squat jumps	frankenstein	high knees	flutter kicks
down dog	burpees	seal	supermans	tuck jumps

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frankenstein	jumping jacks	jog in place	down dog	jumping lunges
inch worm	floor jacks	push ups	pigeon	shoulder touches
side planks	tuck jumps	FREE SPACE	flutter kicks	squat jumps
seal	high knees	burpees	sit ups	bicycle
mountain climbers	supermans	planks	tree	butt kicks

EXERCISE BINGO

pigeon	squat jumps	frankenstein	planks	bicycle
seal	push ups	high knees	mountain climbers	butt kicks
supermans	jumping jacks	FREE SPACE	jumping lunges	inch worm
sit ups	down dog	tree	tuck jumps	shoulder touches
burpees	flutter kicks	floor jacks	jog in place	side planks

EXERCISE BINGO

squat jumps	push ups	high knees	planks	side planks
shoulder touches	mountain climbers	tree	burpees	floor jacks
down dog	flutter kicks	FREE SPACE	tuck jumps	jog in place
seal	sit ups	bicycle	pigeon	jumping lunges
frankenstein	butt kicks	jumping jacks	supermans	inch worm

EXERCISE BINGO

jumping lunges	bicycle	floor jacks	jog in place	push ups
mountain climbers	seal	butt kicks	burpees	sit ups
tuck jumps	inch worm	FREE SPACE	jumping jacks	side planks
supermans	down dog	pigeon	squat jumps	high knees
flutter kicks	tree	shoulder touches	planks	frankenstein

EXERCISE BINGO

jumping jacks	jog in place	bicycle	down dog	seal
squat jumps	shoulder touches	tuck jumps	inch worm	sit ups
tree	jumping lunges	FREE SPACE	high knees	frankenstein
pigeon	supermans	push ups	planks	floor jacks
flutter kicks	burpees	side planks	butt kicks	mountain climbers

EXERCISE BINGO

frankenstein	supermans	shoulder touches	butt kicks	push ups
jumping jacks	planks	mountain climbers	tree	floor jacks
high knees	pigeon	FREE SPACE	inch worm	jumping lunges
seal	bicycle	down dog	jog in place	flutter kicks
side planks	squat jumps	burpees	sit ups	tuck jumps

EXERCISE BINGO

pigeon	shoulder touches	tree	floor jacks	down dog
jumping lunges	inch worm	bicycle	jog in place	tuck jumps
jumping jacks	planks	FREE SPACE	butt kicks	squat jumps
sit ups	supermans	flutter kicks	side planks	high knees
push ups	mountain climbers	burpees	frankenstein	seal

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bicycle	high knees	jog in place	sit ups	frankenstein
burpees	jumping lunges	tuck jumps	squat jumps	jumping jacks
floor jacks	seal	FREE SPACE	down dog	mountain climbers
push ups	shoulder touches	supermans	pigeon	planks
side planks	inch worm	butt kicks	flutter kicks	tree

EXERCISE BINGO

tuck jumps	high knees	mountain climbers	pigeon	tree
burpees	squat jumps	bicycle	floor jacks	supermans
jumping lunges	shoulder touches	FREE SPACE	down dog	inch worm
side planks	planks	push ups	jog in place	jumping jacks
butt kicks	seal	sit ups	frankenstein	flutter kicks

EXERCISE BINGO

tuck jumps	jumping jacks	side planks	frankenstein	seal
tree	supermans	squat jumps	bicycle	shoulder touches
planks	sit ups	FREE SPACE	down dog	jog in place
inch worm	floor jacks	butt kicks	pigeon	high knees
flutter kicks	jumping lunges	burpees	push ups	mountain climbers

EXERCISE BINGO

jumping jacks	butt kicks	supermans	bicycle	floor jacks
high knees	burpees	down dog	jumping lunges	pigeon
inch worm	planks	FREE SPACE	tree	shoulder touches
frankenstein	sit ups	squat jumps	tuck jumps	flutter kicks
seal	push ups	side planks	jog in place	mountain climbers

EXERCISE BINGO

push ups	high knees	burpees	frankenstein	tree
squat jumps	flutter kicks	planks	tuck jumps	jumping jacks
side planks	pigeon	FREE SPACE	mountain climbers	floor jacks
butt kicks	jumping lunges	sit ups	shoulder touches	jog in place
down dog	supermans	bicycle	seal	inch worm