

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/rezk2ex

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/faq> 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/rezk2ex

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/rezk2ex

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.

Neck Stretch	Jumping Jacks	Ankle Rolls	Calf Raises	Sit and Reach	Tummy Twists	Shoulder Shrugs
Bend and Reach	Chest Press	Cross-Body Punches	Arm Circles	Knee Extensions	Marches	Elbow to Knee
Toe Taps	Toe Raise	Wrist Rolls	Toe Touches	Overhead Arm Reach	Upward Punches	Ankle Circles
Straight Leg Lifts	Side Leg Lifts	Back Leg Lifts	High Knees	Leg Swings		

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Sit and Reach	Arm Circles	Leg Swings	Calf Raises	Overhead Arm Reach
Jumping Jacks	Straight Leg Lifts	Shoulder Shrugs	Neck Stretch	Bend and Reach
Toe Raise	Ankle Rolls	FREE SPACE	Toe Touches	Chest Press
Elbow to Knee	Tummy Twists	Upward Punches	Ankle Circles	Wrist Rolls
Knee Extensions	High Knees	Cross-Body Punches	Back Leg Lifts	Side Leg Lifts

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Straight Leg Lifts	Wrist Rolls	Shoulder Shrugs	Marches	Sit and Reach
Elbow to Knee	Jumping Jacks	Chest Press	Toe Raise	Calf Raises
Side Leg Lifts	Tummy Twists	FREE SPACE	High Knees	Back Leg Lifts
Bend and Reach	Arm Circles	Knee Extensions	Ankle Rolls	Toe Touches
Overhead Arm Reach	Leg Swings	Cross-Body Punches	Ankle Circles	Neck Stretch

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Straight Leg Lifts	Side Leg Lifts	Neck Stretch	High Knees	Knee Extensions
Wrist Rolls	Toe Taps	Calf Raises	Upward Punches	Toe Touches
Marches	Chest Press	FREE SPACE	Arm Circles	Ankle Rolls
Sit and Reach	Shoulder Shrugs	Cross- Body Punches	Elbow to Knee	Toe Raise
Ankle Circles	Tummy Twists	Overhead Arm Reach	Leg Swings	Jumping Jacks

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Toe Touches	Leg Swings	Toe Raise	Marches	Bend and Reach
Neck Stretch	Ankle Rolls	Wrist Rolls	Overhead Arm Reach	Tummy Twists
Side Leg Lifts	Sit and Reach	FREE SPACE	Upward Punches	Chest Press
Straight Leg Lifts	Back Leg Lifts	Toe Taps	Elbow to Knee	High Knees
Calf Raises	Jumping Jacks	Shoulder Shrugs	Arm Circles	Knee Extensions

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Toe Touches	Bend and Reach	Leg Swings	Chest Press	Ankle Circles
Straight Leg Lifts	Elbow to Knee	Toe Taps	Ankle Rolls	Shoulder Shrugs
Arm Circles	Upward Punches	FREE SPACE	Knee Extensions	Tummy Twists
Jumping Jacks	Calf Raises	Back Leg Lifts	High Knees	Neck Stretch
Sit and Reach	Cross-Body Punches	Wrist Rolls	Toe Raise	Side Leg Lifts

EXERCISE BINGO

Leg Swings	Arm Circles	Sit and Reach	Back Leg Lifts	Upward Punches
Calf Raises	Chest Press	Shoulder Shrugs	Marches	Straight Leg Lifts
Neck Stretch	Ankle Circles	FREE SPACE	Knee Extensions	Overhead Arm Reach
Side Leg Lifts	Wrist Rolls	Elbow to Knee	Toe Raise	Toe Touches
Tummy Twists	Jumping Jacks	High Knees	Toe Taps	Bend and Reach

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Back Leg Lifts	Tummy Twists	Toe Raise	Overhead Arm Reach	Upward Punches
Straight Leg Lifts	Shoulder Shrugs	Cross-Body Punches	Knee Extensions	Calf Raises
Side Leg Lifts	Chest Press	FREE SPACE	Jumping Jacks	Ankle Rolls
Neck Stretch	Wrist Rolls	Leg Swings	Marches	High Knees
Ankle Circles	Toe Touches	Sit and Reach	Elbow to Knee	Toe Taps

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Tummy Twists	Sit and Reach	Jumping Jacks	Elbow to Knee	Ankle Circles
Back Leg Lifts	Toe Touches	Ankle Rolls	Leg Swings	Wrist Rolls
Bend and Reach	Side Leg Lifts	FREE SPACE	Straight Leg Lifts	Neck Stretch
Chest Press	Calf Raises	Toe Taps	Arm Circles	Upward Punches
Knee Extensions	Overhead Arm Reach	High Knees	Cross-Body Punches	Shoulder Shrugs

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Elbow to Knee	Wrist Rolls	High Knees	Marches	Toe Raise
Ankle Rolls	Bend and Reach	Knee Extensions	Leg Swings	Calf Raises
Sit and Reach	Neck Stretch	FREE SPACE	Side Leg Lifts	Chest Press
Tummy Twists	Shoulder Shrugs	Cross-Body Punches	Toe Taps	Overhead Arm Reach
Back Leg Lifts	Jumping Jacks	Straight Leg Lifts	Arm Circles	Upward Punches

EXERCISE BINGO

Toe Touches	Toe Raise	Overhead Arm Reach	Arm Circles	Wrist Rolls
Back Leg Lifts	Shoulder Shrugs	Cross-Body Punches	Chest Press	Ankle Rolls
Ankle Circles	Marches	FREE SPACE	Upward Punches	High Knees
Sit and Reach	Straight Leg Lifts	Knee Extensions	Leg Swings	Tummy Twists
Toe Taps	Bend and Reach	Jumping Jacks	Side Leg Lifts	Elbow to Knee

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Toe Taps	Arm Circles	Ankle Rolls	Sit and Reach	Calf Raises
Neck Stretch	Elbow to Knee	Cross-Body Punches	Straight Leg Lifts	Leg Swings
Marches	Upward Punches	FREE SPACE	Tummy Twists	Knee Extensions
Overhead Arm Reach	Toe Raise	Back Leg Lifts	Shoulder Shrugs	Side Leg Lifts
Wrist Rolls	Toe Touches	Ankle Circles	Chest Press	Bend and Reach

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Shoulder Shrugs	Neck Stretch	Cross-Body Punches	Marches	Chest Press
High Knees	Arm Circles	Jumping Jacks	Calf Raises	Knee Extensions
Toe Taps	Ankle Rolls	FREE SPACE	Straight Leg Lifts	Upward Punches
Tummy Twists	Leg Swings	Toe Touches	Sit and Reach	Ankle Circles
Elbow to Knee	Back Leg Lifts	Side Leg Lifts	Toe Raise	Overhead Arm Reach

EXERCISE BINGO

Straight Leg Lifts	Marches	Upward Punches	Bend and Reach	Elbow to Knee
High Knees	Back Leg Lifts	Calf Raises	Neck Stretch	Tummy Twists
Wrist Rolls	Shoulder Shrugs	FREE SPACE	Sit and Reach	Toe Raise
Chest Press	Cross-Body Punches	Ankle Rolls	Overhead Arm Reach	Ankle Circles
Jumping Jacks	Toe Touches	Arm Circles	Knee Extensions	Leg Swings

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High Knees	Upward Punches	Bend and Reach	Knee Extensions	Marches
Back Leg Lifts	Straight Leg Lifts	Neck Stretch	Side Leg Lifts	Jumping Jacks
Chest Press	Toe Taps	FREE SPACE	Shoulder Shrugs	Ankle Circles
Leg Swings	Overhead Arm Reach	Ankle Rolls	Toe Touches	Toe Raise
Calf Raises	Sit and Reach	Tummy Twists	Elbow to Knee	Cross-Body Punches

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Cross- Body Punches	Elbow to Knee	Leg Swings	Arm Circles	Side Leg Lifts
Shoulder Shrugs	Marches	Toe Touches	Ankle Rolls	Calf Raises
Neck Stretch	Bend and Reach	FREE SPACE	Toe Raise	Sit and Reach
Jumping Jacks	Straight Leg Lifts	Upward Punches	Chest Press	Tummy Twists
Ankle Circles	Toe Taps	Back Leg Lifts	Wrist Rolls	Overhead Arm Reach

EXERCISE BINGO

Neck Stretch	Knee Extensions	Ankle Rolls	Tummy Twists	Chest Press
Wrist Rolls	Toe Touches	Toe Taps	Straight Leg Lifts	Upward Punches
Marches	Side Leg Lifts	FREE SPACE	Overhead Arm Reach	Ankle Circles
Leg Swings	High Knees	Shoulder Shrugs	Sit and Reach	Jumping Jacks
Elbow to Knee	Toe Raise	Bend and Reach	Cross-Body Punches	Arm Circles

EXERCISE BINGO

Leg Swings	Neck Stretch	Upward Punches	Bend and Reach	Calf Raises
Tummy Twists	Arm Circles	Cross-Body Punches	Toe Raise	Elbow to Knee
High Knees	Ankle Circles	FREE SPACE	Marches	Jumping Jacks
Knee Extensions	Shoulder Shrugs	Back Leg Lifts	Wrist Rolls	Overhead Arm Reach
Toe Taps	Side Leg Lifts	Sit and Reach	Toe Touches	Ankle Rolls

EXERCISE BINGO

Arm Circles	Knee Extensions	Ankle Circles	Straight Leg Lifts	Marches
Bend and Reach	Neck Stretch	Sit and Reach	Overhead Arm Reach	Side Leg Lifts
Toe Touches	Leg Swings	FREE SPACE	Elbow to Knee	High Knees
Jumping Jacks	Toe Raise	Wrist Rolls	Chest Press	Cross-Body Punches
Calf Raises	Back Leg Lifts	Shoulder Shrugs	Ankle Rolls	Toe Taps

EXERCISE BINGO

Wrist Rolls	Jumping Jacks	Chest Press	Upward Punches	Back Leg Lifts
Knee Extensions	High Knees	Elbow to Knee	Bend and Reach	Overhead Arm Reach
Marches	Side Leg Lifts	FREE SPACE	Sit and Reach	Tummy Twists
Calf Raises	Shoulder Shrugs	Toe Raise	Cross- Body Punches	Ankle Rolls
Straight Leg Lifts	Leg Swings	Ankle Circles	Toe Taps	Neck Stretch

EXERCISE BINGO

Marches	Chest Press	Toe Raise	Neck Stretch	Shoulder Shrugs
Ankle Circles	Cross-Body Punches	Overhead Arm Reach	Arm Circles	Upward Punches
Leg Swings	Toe Taps	FREE SPACE	Elbow to Knee	Jumping Jacks
Knee Extensions	Straight Leg Lifts	Back Leg Lifts	Toe Touches	Tummy Twists
Side Leg Lifts	Calf Raises	Ankle Rolls	Wrist Rolls	Bend and Reach

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Toe Raise	Overhead Arm Reach	Neck Stretch	Cross-Body Punches	Side Leg Lifts
Sit and Reach	Leg Swings	Toe Touches	Ankle Rolls	Wrist Rolls
Bend and Reach	Calf Raises	FREE SPACE	Back Leg Lifts	Tummy Twists
Upward Punches	High Knees	Shoulder Shrugs	Straight Leg Lifts	Ankle Circles
Knee Extensions	Chest Press	Arm Circles	Marches	Jumping Jacks

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Knee Extensions	Ankle Circles	Bend and Reach	Overhead Arm Reach	High Knees
Leg Swings	Shoulder Shrugs	Arm Circles	Tummy Twists	Straight Leg Lifts
Elbow to Knee	Ankle Rolls	FREE SPACE	Toe Taps	Sit and Reach
Wrist Rolls	Jumping Jacks	Back Leg Lifts	Marches	Toe Raise
Cross-Body Punches	Calf Raises	Toe Touches	Side Leg Lifts	Upward Punches

EXERCISE BINGO

Jumping Jacks	High Knees	Ankle Circles	Shoulder Shrugs	Back Leg Lifts
Toe Raise	Tummy Twists	Side Leg Lifts	Toe Touches	Elbow to Knee
Straight Leg Lifts	Knee Extensions	FREE SPACE	Chest Press	Cross- Body Punches
Upward Punches	Marches	Wrist Rolls	Toe Taps	Overhead Arm Reach
Neck Stretch	Bend and Reach	Calf Raises	Sit and Reach	Ankle Rolls

EXERCISE BINGO

Chest Press	Toe Taps	Side Leg Lifts	Arm Circles	Jumping Jacks
Neck Stretch	Overhead Arm Reach	Upward Punches	Toe Touches	Leg Swings
Marches	Bend and Reach	FREE SPACE	Cross-Body Punches	Shoulder Shrugs
Elbow to Knee	Knee Extensions	Ankle Circles	Back Leg Lifts	High Knees
Calf Raises	Wrist Rolls	Sit and Reach	Toe Raise	Ankle Rolls

EXERCISE BINGO

Marches	Side Leg Lifts	Toe Touches	Bend and Reach	Elbow to Knee
Back Leg Lifts	Knee Extensions	High Knees	Ankle Circles	Tummy Twists
Wrist Rolls	Neck Stretch	FREE SPACE	Jumping Jacks	Arm Circles
Toe Raise	Straight Leg Lifts	Toe Taps	Upward Punches	Calf Raises
Sit and Reach	Overhead Arm Reach	Leg Swings	Cross-Body Punches	Shoulder Shrugs

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Ankle Circles	Cross-Body Punches	High Knees	Straight Leg Lifts	Chest Press
Tummy Twists	Ankle Rolls	Knee Extensions	Jumping Jacks	Toe Raise
Wrist Rolls	Bend and Reach	FREE SPACE	Shoulder Shrugs	Leg Swings
Back Leg Lifts	Overhead Arm Reach	Side Leg Lifts	Toe Taps	Marches
Upward Punches	Neck Stretch	Sit and Reach	Elbow to Knee	Arm Circles

EXERCISE BINGO

Leg Swings	Tummy Twists	Cross-Body Punches	Marches	Toe Touches
Upward Punches	Toe Raise	Ankle Rolls	Ankle Circles	Bend and Reach
Toe Taps	Side Leg Lifts	FREE SPACE	Knee Extensions	Back Leg Lifts
Sit and Reach	Wrist Rolls	Elbow to Knee	Overhead Arm Reach	Neck Stretch
Jumping Jacks	High Knees	Shoulder Shrugs	Arm Circles	Straight Leg Lifts

EXERCISE BINGO

Jumping Jacks	Tummy Twists	Sit and Reach	Chest Press	Shoulder Shrugs
Wrist Rolls	Toe Touches	Toe Taps	Toe Raise	Ankle Circles
Neck Stretch	Side Leg Lifts	FREE SPACE	Straight Leg Lifts	Back Leg Lifts
High Knees	Elbow to Knee	Bend and Reach	Arm Circles	Cross- Body Punches
Calf Raises	Marches	Upward Punches	Knee Extensions	Ankle Rolls

EXERCISE BINGO

Jumping Jacks	Wrist Rolls	Arm Circles	Toe Taps	Cross- Body Punches
Ankle Circles	Bend and Reach	Ankle Rolls	Knee Extensions	Back Leg Lifts
Marches	Elbow to Knee	FREE SPACE	Upward Punches	Neck Stretch
Toe Touches	Straight Leg Lifts	Chest Press	Side Leg Lifts	Calf Raises
Toe Raise	Tummy Twists	Overhead Arm Reach	Shoulder Shrugs	Sit and Reach

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Overhead Arm Reach	Cross- Body Punches	Ankle Rolls	Chest Press	Toe Touches
Calf Raises	Neck Stretch	Toe Raise	Jumping Jacks	Tummy Twists
Sit and Reach	Marches	FREE SPACE	Leg Swings	Bend and Reach
Arm Circles	Knee Extensions	Straight Leg Lifts	Side Leg Lifts	High Knees
Back Leg Lifts	Ankle Circles	Toe Taps	Shoulder Shrugs	Wrist Rolls