#### **Pilates 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/rw63pgu

#### 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/rw63pgu

#### **Edit and Create**

To add more words or make changes to this set of bingo cards go to mfbc.us/e/rw63pgu

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.

Pelvic Rocks	Chest Lift	Bridge	Hundred	Single- Leg Stretch	Crisscross
Spine Twist	Swan	Quadruped	Leg series	Prank	Mermaid
Teaser	Roll- up	Side- bend	Thigh Stretch		

# **Pilates**

	Crisscross	Mermaid	Spine Twist	Thigh Stretch	
	Side- bend	Teaser	Leg series	Chest Lift	
·	Pelvic Rocks	Quadruped	Bridge	Single- Leg Stretch	
	Prank	Roll- up	Hundred	Swan	
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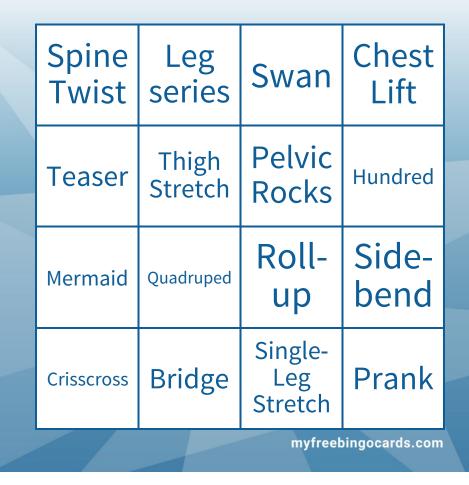
Bingo Card ID 002

Swan	Quadruped	Side- bend	Pelvic Rocks
Mermaid	Hundred	Roll- up	Chest Lift
Crisscross	Leg series	Single- Leg Stretch	Bridge
Prank	Spine Twist	Thigh Stretch	Teaser
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**Pilates** 

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Spine Twist	Hundred	Leg series	Side- bend		
Prank	Bridge	Quadruped	Thigh Stretch		
Crisscross	Pelvic Rocks	Swan	Chest Lift		
Teaser	Roll- up	Single- Leg Stretch	Mermaid		

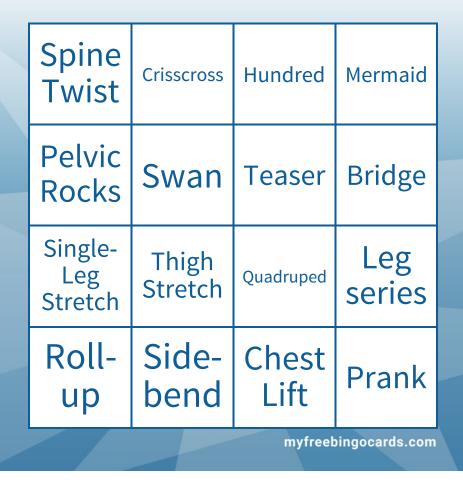
Bingo Card ID 004



# **Pilates**

Spine Twist	Leg series	Bridge	Pelvic Rocks		
Quadruped	Chest Lift	Crisscross	Side- bend		
 Single- Leg Stretch	Hundred	Mermaid	Roll- up		
Teaser	Prank	Swan	Thigh Stretch		
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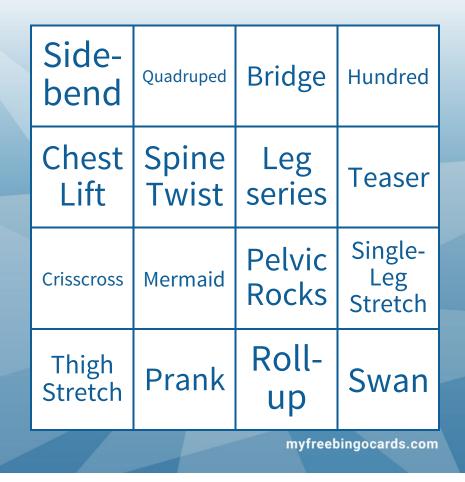
Bingo Card ID 006



# **Pilates**

Hundred	Thigh Stretch	Prank	Mermaid		
Single- Leg Stretch	Chest Lift	Pelvic Rocks	Side- bend		
Teaser	Spine Twist	Roll- up	Swan		
Bridge	Crisscross	Leg series	Quadruped		
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Bingo Card ID 008



# **Pilates**

Quadruped	Roll- up	Swan	Chest Lift	
Leg series	Mermaid	Single- Leg Stretch	Spine Twist	
 Teaser	Pelvic Rocks	Prank	Hundred	
Thigh Stretch	Side- bend	Bridge	Crisscross	
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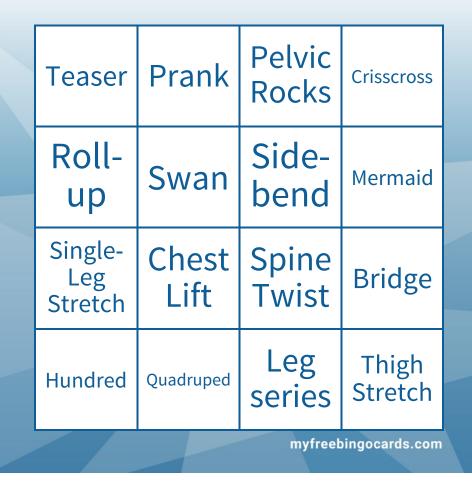
Bingo Card ID 010

Thigh Stretch	Crisscross	Hundred	Prank	
Pelvic Rocks	Chest Lift	Bridge	Swan	
Roll- up	Single- Leg Stretch	Spine Twist	Leg series	
Side- bend	Mermaid	Quadruped	Teaser	
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**Pilates** 

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	Leg series	Pelvic Rocks	Side- bend	Roll- up
	Single- Leg Stretch	Thigh Stretch	Hundred	Bridge
	Quadruped	Prank	Spine Twist	Swan
	Crisscross	Chest Lift	Mermaid	Teaser

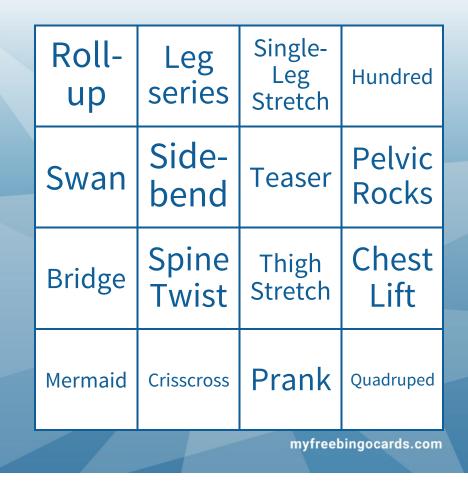
Bingo Card ID 012



# **Pilates**

	Quadruped	Leg series	Roll- up	Swan	
	Hundred	Mermaid	Teaser	Pelvic Rocks	
A CONTRACTOR OF A CONTRACTOR OFTA A	Prank	Bridge	Chest Lift	Thigh Stretch	
A REAL PROPERTY AND INCOME.	Crisscross	Side- bend	Single- Leg Stretch	Spine Twist	
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Bingo Card ID 014



Bingo Card ID 016

## **Pilates**

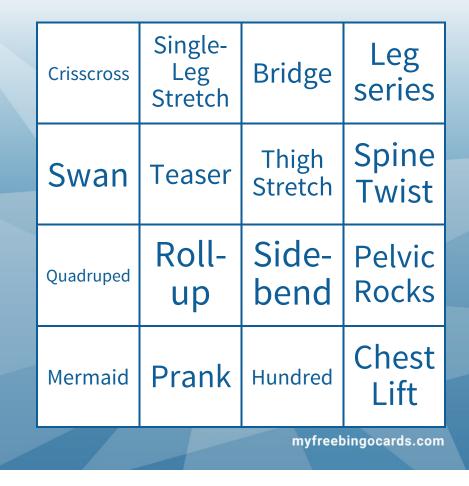
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	Hundred	Roll- up	Single- Leg Stretch	Thigh Stretch	
	Leg series	Side- bend	Pelvic Rocks	Bridge	
	Swan	Chest Lift	Mermaid	Teaser	
	Prank	Quadruped	Spine Twist	Crisscross	

Chest Lift	Single- Leg Stretch	Teaser	Pelvic Rocks	
Swan	Bridge	Thigh Stretch	Spine Twist	
Roll- up	Side- bend	Quadruped	Leg series	
Crisscross	Prank	Hundred	Mermaid	
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**Pilates** 

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	Hundred	Thigh Stretch	Chest Lift	Pelvic Rocks	
	Bridge	Side- bend	Swan	Single- Leg Stretch	
	Crisscross	Prank	Quadruped	Roll- up	
	Teaser	Spine Twist	Leg series	Mermaid	

Bingo Card ID 018



**Pilates** 

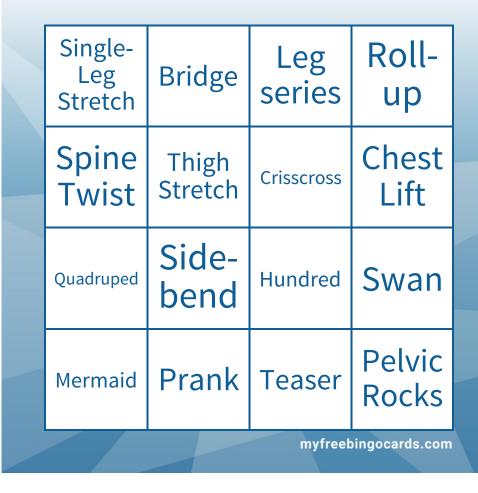
	Side- bend	Pelvic Rocks	Hundred	Roll- up	
	Single- Leg Stretch	Quadruped	Leg series	Swan	
	Thigh Stretch	Mermaid	Chest Lift	Prank	
A REAL PROPERTY AND A REAL	Bridge	Spine Twist	Teaser	Crisscross	
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Bingo Card ID 020



Pilates

Bingo Card ID 022



	Thigh Stretch	Teaser	Prank	Spine Twist	
	Chest Lift	Leg series	Hundred	Mermaid	
×	Roll- up	Bridge	Crisscross	Pelvic Rocks	
	Single- Leg Stretch	Swan	Side- bend	Quadruped	
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**Pilates** 

	Side- bend	Roll- up	Bridge	Hundred	
	Quadruped	Single- Leg Stretch	Pelvic Rocks	Prank	
	Swan	Thigh Stretch	Leg series	Teaser	
A DESTRUCTION	Mermaid	Chest Lift	Crisscross	Spine Twist	
myfreebingocards.com					

Bingo Card ID 024

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	Hundred	Mermaid	Roll- up	Chest Lift
× * * * * * * * * * * * * * * * * * * *	Swan	Quadruped	Single- Leg Stretch	Bridge
	Thigh Stretch	Spine Twist	Leg series	Prank
	Pelvic Rocks	Crisscross	Side- bend	Teaser

# **Pilates**

	Swan	Leg series	Hundred	Quadruped	
	Single- Leg Stretch	Bridge	Roll- up	Side- bend	
	Teaser	Crisscross	Mermaid	Prank	
	Spine Twist	Thigh Stretch	Chest Lift	Pelvic Rocks	
myfreebingocards.com					

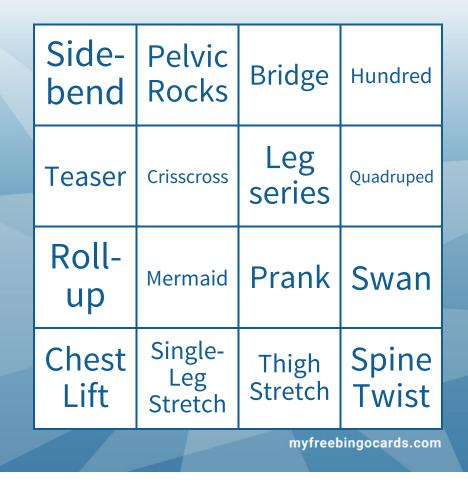
Bingo Card ID 026

Bridge	Prank	Roll- up	Pelvic Rocks
Chest Lift	Single- Leg Stretch	Side- bend	Leg series
Hundred	Spine Twist	Thigh Stretch	Swan
Teaser	Crisscross	Quadruped	Mermaid
		myfreet	oingocards.com

**Pilates** 

/	Spine Twist	Prank	Swan	Bridge	
	Chest Lift	Leg series	Single- Leg Stretch	Hundred	
	Quadruped	Teaser	Thigh Stretch	Roll- up	
	Side- bend	Crisscross	Mermaid	Pelvic Rocks	
myfreebingocards.com					

Bingo Card ID 028



# **Pilates**

	Side- bend	Crisscross	Bridge	Leg series	
	Prank	Chest Lift	Hundred	Single- Leg Stretch	
	Quadruped	Swan	Teaser	Pelvic Rocks	
	Mermaid	Thigh Stretch	Roll- up	Spine Twist	
myfreebingocards.com					

Bingo Card ID 030

