

# Pilates 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/rw63pgu](https://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 [myfreebingocards.com/virtual-bingo](https://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/rw63pgu](https://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](https://mfbc.us/e/rw63pgu)

Go to [myfreebingocards.com/bingo-card-generator](https://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](https://myfreebingocards.com/terms).

## Have Fun!

If you have any feedback or suggestions, drop us an email on [hello@myfreebingocards.com](mailto: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

# Pilates

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

# Pilates

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

# Pilates

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

# 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

# Pilates

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

# 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

# Pilates

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

# 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

# Pilates

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

# Pilates

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

# Pilates

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



# Pilates

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

# Pilates

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

# Pilates

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

# Pilates

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

# Pilates

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

# Pilates

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

# Pilates

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

# Pilates

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

# Pilates

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

# Pilates

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

# Pilates

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

# Pilates

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

# 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

# Pilates

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

# 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

# Pilates

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



# 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

# Pilates

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