

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/vwzvyp

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/vwzvyp

Edit and Create

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

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 and Reach | March | Twists | Ladder Climb | Neck Rolls | Leg Extensions | Head Nods |
| Windmills | Arm Rows | Bicep Curls | Heel Toe Shuffle | Side Bend | Head Turns | Side to Side Reaches |
| Shoulder Rolls | Arm and Leg Extensions | Cow Stretch | Rear Flys | Tricep Stretch | Upper Arm/Shoulder Stretch | Hip Flexor Stretch |
| Wrist Stretch | Neck Stretch | Calf Raises | Ankle Rotations | Wrist Rotations | Cat Stretch | Flex/Point |

Exercise Bingo

| | | | | |
|----------------------------|------------------------|------------------|----------------------|--------------|
| Shoulder Rolls | Arm and Leg Extensions | Wrist Rotations | Cat Stretch | Ladder Climb |
| Neck Rolls | Wrist Stretch | Heel Toe Shuffle | Side Bend | Neck Stretch |
| March | Calf Raises | FREE SPACE | Side to Side Reaches | Arm Rows |
| Cow Stretch | Tricep Stretch | Head Nods | Twists | Windmills |
| Upper Arm/Shoulder Stretch | Hip Flexor Stretch | Ankle Rotations | Head Turns | Flex/Point |

Exercise Bingo

| | | | | |
|------------------------|----------------------|--------------------|-------------|-----------------|
| Side Bend | Neck Stretch | Leg Extensions | Windmills | Shoulder Rolls |
| Head Nods | Heel Toe Shuffle | Wrist Stretch | Cow Stretch | Cat Stretch |
| Rear Flys | Side to Side Reaches | FREE SPACE | Twists | Wrist Rotations |
| Head Turns | Bicep Curls | Hip Flexor Stretch | Arm Rows | Calf Raises |
| Arm and Leg Extensions | Tricep Stretch | Ankle Rotations | Neck Rolls | Ladder Climb |

Exercise Bingo

| | | | | |
|----------------------------|-----------------|-----------------|----------------|------------------------|
| March | Side Bend | Rear Flys | Head Turns | Wrist Stretch |
| Hip Flexor Stretch | Wrist Rotations | Windmills | Cat Stretch | Sit and Reach |
| Upper Arm/Shoulder Stretch | Tricep Stretch | FREE SPACE | Leg Extensions | Arm and Leg Extensions |
| Cow Stretch | Shoulder Rolls | Arm Rows | Neck Stretch | Flex/Point |
| Side to Side Reaches | Head Nods | Ankle Rotations | Twists | Neck Rolls |

Exercise Bingo

| | | | | |
|----------------|----------------|----------------------|------------------|----------------------------|
| Tricep Stretch | Ladder Climb | Side to Side Reaches | Wrist Stretch | Calf Raises |
| Leg Extensions | Windmills | Arm Rows | March | Neck Rolls |
| Twists | Shoulder Rolls | FREE SPACE | Side Bend | Upper Arm/Shoulder Stretch |
| Cow Stretch | Rear Flys | Wrist Rotations | Bicep Curls | Sit and Reach |
| Head Turns | Cat Stretch | Head Nods | Heel Toe Shuffle | Neck Stretch |

Exercise Bingo

| | | | | |
|--------------------|----------------------------|-----------------|------------------------|----------------------|
| Tricep Stretch | Ladder Climb | Calf Raises | Ankle Rotations | Cow Stretch |
| Wrist Stretch | Side Bend | Head Nods | Arm Rows | Neck Stretch |
| Sit and Reach | Upper Arm/Shoulder Stretch | FREE SPACE | Arm and Leg Extensions | Heel Toe Shuffle |
| Hip Flexor Stretch | Twists | Cat Stretch | Bicep Curls | March |
| Head Turns | Shoulder Rolls | Wrist Rotations | Flex/Point | Side to Side Reaches |

Exercise Bingo

| | | | | |
|----------------|------------------------|------------------|--------------------|----------------------------|
| Ladder Climb | Arm and Leg Extensions | Shoulder Rolls | Bicep Curls | Upper Arm/Shoulder Stretch |
| Cat Stretch | Cow Stretch | Neck Stretch | Side Bend | Leg Extensions |
| March | Ankle Rotations | FREE SPACE | Hip Flexor Stretch | Neck Rolls |
| Rear Flys | Wrist Stretch | Windmills | Head Nods | Side to Side Reaches |
| Tricep Stretch | Twists | Heel Toe Shuffle | Head Turns | Sit and Reach |

Exercise Bingo

| | | | | |
|--------------------|-----------------|----------------------|-----------------|----------------------------|
| Bicep Curls | Twists | Side to Side Reaches | Neck Rolls | Upper Arm/Shoulder Stretch |
| Side Bend | Flex/Point | Neck Stretch | Wrist Rotations | Cat Stretch |
| Hip Flexor Stretch | Arm Rows | FREE SPACE | Rear Flys | March |
| Cow Stretch | Windmills | Heel Toe Shuffle | Ladder Climb | Leg Extensions |
| Head Turns | Ankle Rotations | Tricep Stretch | Wrist Stretch | Sit and Reach |

Exercise Bingo

| | | | | |
|-------------|-----------------|----------------------------|------------------------|-----------------|
| Twists | Shoulder Rolls | Head Nods | Heel Toe Shuffle | Ankle Rotations |
| Bicep Curls | Tricep Stretch | Arm Rows | Wrist Stretch | Ladder Climb |
| Windmills | Calf Raises | FREE SPACE | Side Bend | Rear Flys |
| March | Wrist Rotations | Upper Arm/Shoulder Stretch | Arm and Leg Extensions | Sit and Reach |
| Cat Stretch | Cow Stretch | Neck Rolls | Hip Flexor Stretch | Flex/Point |

Exercise Bingo

| | | | | |
|----------------------|----------------|-----------------|------------------|--------------------|
| Head Nods | Windmills | Leg Extensions | Head Turns | Wrist Stretch |
| Side to Side Reaches | Arm Rows | Calf Raises | Cat Stretch | Hip Flexor Stretch |
| Ladder Climb | Shoulder Rolls | FREE SPACE | Rear Flys | March |
| Cow Stretch | Twists | Wrist Rotations | Neck Stretch | Flex/Point |
| Sit and Reach | Neck Rolls | Bicep Curls | Heel Toe Shuffle | Side Bend |

Exercise Bingo

| | | | | |
|----------------------------|----------------------|---------------|------------------------|------------------|
| Tricep Stretch | Side to Side Reaches | Neck Rolls | Arm and Leg Extensions | Bicep Curls |
| Windmills | Neck Stretch | Flex/Point | Cow Stretch | Wrist Stretch |
| Arm Rows | Wrist Rotations | FREE SPACE | Ankle Rotations | Leg Extensions |
| Upper Arm/Shoulder Stretch | Shoulder Rolls | Side Bend | Head Turns | Ladder Climb |
| Hip Flexor Stretch | Twists | Sit and Reach | Calf Raises | Heel Toe Shuffle |

Exercise Bingo

| | | | | |
|----------------|----------------------------|----------------------|--------------|--------------------|
| Sit and Reach | Arm and Leg Extensions | Shoulder Rolls | Arm Rows | Cat Stretch |
| March | Head Nods | Side Bend | Flex/Point | Ladder Climb |
| Leg Extensions | Upper Arm/Shoulder Stretch | FREE SPACE | Twists | Hip Flexor Stretch |
| Neck Rolls | Rear Flys | Side to Side Reaches | Neck Stretch | Bicep Curls |
| Windmills | Tricep Stretch | Ankle Rotations | Cow Stretch | Calf Raises |

Exercise Bingo

| | | | | |
|----------------------------|--------------|------------------|----------------|------------------------|
| March | Neck Stretch | Flex/Point | Head Turns | Arm and Leg Extensions |
| Leg Extensions | Cow Stretch | Heel Toe Shuffle | Wrist Stretch | Sit and Reach |
| Hip Flexor Stretch | Cat Stretch | FREE SPACE | Arm Rows | Side Bend |
| Upper Arm/Shoulder Stretch | Twists | Ladder Climb | Shoulder Rolls | Tricep Stretch |
| Wrist Rotations | Head Nods | Ankle Rotations | Bicep Curls | Rear Flys |

Exercise Bingo

| | | | | |
|----------------|------------------|------------------------|----------------------|----------------------------|
| Side Bend | Head Nods | Calf Raises | Head Turns | Upper Arm/Shoulder Stretch |
| Leg Extensions | Bicep Curls | Cat Stretch | March | Windmills |
| Twists | Neck Stretch | FREE SPACE | Side to Side Reaches | Shoulder Rolls |
| Cow Stretch | Flex/Point | Ankle Rotations | Neck Rolls | Arm Rows |
| Tricep Stretch | Heel Toe Shuffle | Arm and Leg Extensions | Ladder Climb | Hip Flexor Stretch |

Exercise Bingo

| | | | | |
|----------------------|-----------------|----------------------------|--------------------|----------------|
| Head Turns | Calf Raises | Upper Arm/Shoulder Stretch | Hip Flexor Stretch | Bicep Curls |
| Side Bend | Leg Extensions | March | Heel Toe Shuffle | Rear Flys |
| Cow Stretch | Wrist Rotations | FREE SPACE | Sit and Reach | Neck Stretch |
| Ankle Rotations | Ladder Climb | Neck Rolls | Arm Rows | Tricep Stretch |
| Side to Side Reaches | Cat Stretch | Shoulder Rolls | Twists | Head Nods |

Exercise Bingo

| | | | | |
|------------------|----------------------|----------------|----------------------------|-------------|
| Flex/Point | Head Nods | Ladder Climb | Arm and Leg Extensions | Rear Flys |
| Neck Stretch | Tricep Stretch | Leg Extensions | March | Cat Stretch |
| Arm Rows | Side to Side Reaches | FREE SPACE | Wrist Stretch | Calf Raises |
| Heel Toe Shuffle | Shoulder Rolls | Side Bend | Upper Arm/Shoulder Stretch | Cow Stretch |
| Twists | Ankle Rotations | Sit and Reach | Bicep Curls | Windmills |

Exercise Bingo

| | | | | |
|----------------------------|----------------|----------------------|----------------|-----------------|
| March | Arm Rows | Hip Flexor Stretch | Twists | Cow Stretch |
| Windmills | Tricep Stretch | Sit and Reach | Side Bend | Wrist Rotations |
| Upper Arm/Shoulder Stretch | Leg Extensions | FREE SPACE | Rear Flys | Neck Rolls |
| Ankle Rotations | Ladder Climb | Neck Stretch | Shoulder Rolls | Head Turns |
| Heel Toe Shuffle | Wrist Stretch | Side to Side Reaches | Head Nods | Calf Raises |

Exercise Bingo

| | | | | |
|--------------------|------------------------|----------------------------|----------------------|------------------|
| March | Ladder Climb | Upper Arm/Shoulder Stretch | Calf Raises | Cat Stretch |
| Twists | Arm and Leg Extensions | Flex/Point | Side to Side Reaches | Head Nods |
| Head Turns | Leg Extensions | FREE SPACE | Ankle Rotations | Heel Toe Shuffle |
| Hip Flexor Stretch | Neck Stretch | Bicep Curls | Windmills | Wrist Rotations |
| Neck Rolls | Sit and Reach | Rear Flys | Shoulder Rolls | Tricep Stretch |

Exercise Bingo

| | | | | |
|--------------------|------------------------|-----------------|-------------|----------------------|
| Hip Flexor Stretch | Arm and Leg Extensions | Ankle Rotations | Side Bend | Calf Raises |
| Leg Extensions | Shoulder Rolls | March | Neck Rolls | Rear Flys |
| Ladder Climb | Tricep Stretch | FREE SPACE | Head Nods | Side to Side Reaches |
| Heel Toe Shuffle | Head Turns | Cow Stretch | Windmills | Wrist Rotations |
| Cat Stretch | Flex/Point | Wrist Stretch | Bicep Curls | Sit and Reach |

Exercise Bingo

| | | | | |
|--------------------|-------------|----------------------|----------------------------|----------------|
| Windmills | Cow Stretch | Heel Toe Shuffle | Upper Arm/Shoulder Stretch | Head Turns |
| Hip Flexor Stretch | Bicep Curls | Head Nods | Calf Raises | Leg Extensions |
| Neck Rolls | Rear Flys | FREE SPACE | Shoulder Rolls | Twists |
| Wrist Rotations | Cat Stretch | Side to Side Reaches | Neck Stretch | Arm Rows |
| Side Bend | Flex/Point | Ladder Climb | Ankle Rotations | Wrist Stretch |

Exercise Bingo

| | | | | |
|----------------------------|------------------------|--------------------|---------------|-----------------|
| Side to Side Reaches | Cow Stretch | Leg Extensions | March | Neck Stretch |
| Ankle Rotations | Wrist Stretch | Neck Rolls | Flex/Point | Ladder Climb |
| Upper Arm/Shoulder Stretch | Arm and Leg Extensions | FREE SPACE | Sit and Reach | Wrist Rotations |
| Head Nods | Heel Toe Shuffle | Hip Flexor Stretch | Side Bend | Bicep Curls |
| Tricep Stretch | Twists | Rear Flys | Arm Rows | Windmills |

Exercise Bingo

| | | | | |
|----------------------------|-----------------|----------------|--------------------|--------------|
| Side to Side Reaches | Neck Rolls | March | Flex/Point | Rear Flys |
| Shoulder Rolls | Tricep Stretch | Ladder Climb | Wrist Rotations | Calf Raises |
| Windmills | Arm Rows | FREE SPACE | Bicep Curls | Cat Stretch |
| Upper Arm/Shoulder Stretch | Twists | Wrist Stretch | Head Turns | Neck Stretch |
| Side Bend | Ankle Rotations | Leg Extensions | Hip Flexor Stretch | Cow Stretch |

Exercise Bingo

| | | | | |
|----------------------|-----------------|------------------------|----------------|----------------|
| Hip Flexor Stretch | Ankle Rotations | Calf Raises | Head Turns | Ladder Climb |
| Neck Rolls | Neck Stretch | Arm and Leg Extensions | Twists | Side Bend |
| Head Nods | Arm Rows | FREE SPACE | Windmills | Sit and Reach |
| Heel Toe Shuffle | Shoulder Rolls | Wrist Stretch | Bicep Curls | Leg Extensions |
| Side to Side Reaches | Wrist Rotations | Flex/Point | Tricep Stretch | Cat Stretch |

Exercise Bingo

| | | | | |
|------------------------|----------------------------|----------------------------------|--------------------------|--------------------|
| Heel Toe Shuffle | Head Turns | Neck Stretch | Ankle Rotations | Wrist Rotations |
| Bicep Curls | Side to Side Reaches | Twists | Rear Flys | Head Nods |
| Tricep Stretch | Side Bend | FREE SPACE | Hip Flexor Stretch | Cow Stretch |
| Flex/Point | Windmills | Upper Arm/Shoulder Stretch | Leg Extensions | Sit and Reach |
| Neck Rolls | Wrist Stretch | March | Calf Raises | Cat Stretch |

Exercise Bingo

| | | | | |
|--------------------|--------------------------|-----------------|----------------------------------|-------------------|
| Cow Stretch | Sit and Reach | Rear Flys | Arm and Leg Extensions | March |
| Wrist Rotations | Heel Toe Shuffle | Neck Rolls | Upper Arm/Shoulder Stretch | Tricep Stretch |
| Ladder Climb | Calf Raises | FREE SPACE | Flex/Point | Leg Extensions |
| Head Nods | Hip Flexor Stretch | Neck Stretch | Ankle Rotations | Bicep Curls |
| Cat Stretch | Head Turns | Windmills | Wrist Stretch | Shoulder Rolls |

Exercise Bingo

| | | | | |
|----------------------------|------------------------|----------------------|------------------|---------------|
| Leg Extensions | Rear Flys | Tricep Stretch | Wrist Rotations | Calf Raises |
| Hip Flexor Stretch | Bicep Curls | Head Nods | Ankle Rotations | Head Turns |
| Twists | Wrist Stretch | FREE SPACE | Heel Toe Shuffle | Windmills |
| March | Arm and Leg Extensions | Side to Side Reaches | Side Bend | Sit and Reach |
| Upper Arm/Shoulder Stretch | Shoulder Rolls | Cat Stretch | Ladder Climb | Neck Rolls |

Exercise Bingo

| | | | | |
|----------------------------|------------|---------------|----------------------|------------------|
| Ankle Rotations | Head Turns | Flex/Point | Cow Stretch | Side Bend |
| Hip Flexor Stretch | Twists | Arm Rows | Side to Side Reaches | Heel Toe Shuffle |
| Calf Raises | Windmills | FREE SPACE | Neck Stretch | Bicep Curls |
| Ladder Climb | Neck Rolls | Rear Flys | Sit and Reach | Leg Extensions |
| Upper Arm/Shoulder Stretch | March | Wrist Stretch | Shoulder Rolls | Head Nods |

Exercise Bingo

| | | | | |
|----------------|-----------------|----------------------------|----------------------|--------------------|
| Ladder Climb | Twists | Flex/Point | Wrist Rotations | Tricep Stretch |
| Leg Extensions | Ankle Rotations | Upper Arm/Shoulder Stretch | Side to Side Reaches | Arm Rows |
| Sit and Reach | Wrist Stretch | FREE SPACE | Calf Raises | Hip Flexor Stretch |
| Rear Flys | Bicep Curls | Shoulder Rolls | Head Nods | Windmills |
| Neck Rolls | March | Heel Toe Shuffle | Head Turns | Neck Stretch |

Exercise Bingo

| | | | | |
|------------------------|----------------|------------------|---------------|----------------------------|
| Twists | Shoulder Rolls | Heel Toe Shuffle | Neck Stretch | Wrist Rotations |
| Cow Stretch | Windmills | Tricep Stretch | Sit and Reach | Side to Side Reaches |
| Ankle Rotations | Wrist Stretch | FREE SPACE | Rear Flys | Side Bend |
| Bicep Curls | March | Head Turns | Head Nods | Calf Raises |
| Arm and Leg Extensions | Leg Extensions | Flex/Point | Cat Stretch | Upper Arm/Shoulder Stretch |

Exercise Bingo

| | | | | |
|----------------------------------|----------------------------|------------------------------|----------------------|------------------------|
| Heel Toe Shuffle | Windmills | Arm and Leg Extensions | Wrist Rotations | Sit and Reach |
| Ankle Rotations | Calf Raises | Flex/Point | Arm Rows | Bicep Curls |
| Hip Flexor Stretch | Leg Extensions | FREE SPACE | Wrist Stretch | Head Nods |
| Upper Arm/Shoulder Stretch | March | Tricep Stretch | Side Bend | Rear Flys |
| Cow Stretch | Side to Side Reaches | Twists | Cat Stretch | Neck Rolls |

Exercise Bingo

| | | | | |
|------------------------|------------------------|------------------------------|----------------------------|----------------------|
| Flex/Point | Neck Rolls | Arm Rows | Cow Stretch | March |
| Wrist Rotations | Tricep Stretch | Cat Stretch | Side to Side Reaches | Twists |
| Heel Toe Shuffle | Shoulder Rolls | FREE SPACE | Wrist Stretch | Leg Extensions |
| Ladder Climb | Calf Raises | Arm and Leg Extensions | Hip Flexor Stretch | Side Bend |
| Rear Flys | Head Turns | Bicep Curls | Sit and Reach | Ankle Rotations |