Chair 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/wrumk7v

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/wrumk7v

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/wrumk7v

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.

knee extension	tummy twists	chest stretch	wrist circles	reach & bend	arm raise	neck stretch
leg lifts	heel raises	marching	shoulder rolls	elbow to knee	free	arm reach
ankle circles	sit & reach	bird wings	balancing toe taps	chest press	shoulder flex	shin strengthener
elbow press	arm circles	arm curls	knees out			

Bingo Card ID 001

Chair Exercise Bingo

reach & bend	arm curls	heel raises	balancing toe taps	leg lifts
elbow to knee	marching	shin strengthener	knees out	arm reach
shoulder flex	bird wings	sit & reach	arm circles	tummy twists
chest stretch	ankle circles	free	wrist circles	elbow press
chest press	arm raise	neck stretch	knee extension	shoulder rolls

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Bingo Card ID 002

Chair Exercise Bingo

shin strengthener	knee extension	marching	reach & bend	chest stretch
elbow to knee	bird wings	neck stretch	shoulder flex	balancing toe taps
tummy twists	elbow press	arm raise	arm circles	free
arm reach	arm curls	sit & reach	ankle circles	heel raises
leg lifts	chest press	shoulder rolls	knees out	wrist circles

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Bingo Card ID 003

Chair Exercise Bingo

neck stretch	knees out	shin strengthener	elbow press	free
shoulder rolls	balancing toe taps	wrist circles	arm curls	sit & reach
bird wings	knee extension	reach & bend	arm circles	marching
chest press	shoulder flex	ankle circles	chest stretch	tummy twists
leg lifts	heel raises	elbow to knee	arm reach	arm raise

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Bingo Card ID 004

Chair Exercise Bingo

sit & reach	heel raises	shoulder flex	arm reach	knee extension
arm circles	knees out	leg lifts	tummy twists	shin strengthener
reach & bend	neck stretch	wrist circles	bird wings	arm raise
elbow press	chest stretch	balancing toe taps	shoulder rolls	elbow to knee
marching	arm curls	free	ankle circles	chest press

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Bingo Card ID 005

Chair Exercise Bingo

heel raises	arm reach	sit & reach	bird wings	ankle circles
chest stretch	shin strengthener	marching	arm circles	shoulder rolls
wrist circles	arm curls	tummy twists	elbow to knee	free
balancing toe taps	arm raise	knees out	elbow press	reach & bend
chest press	shoulder flex	neck stretch	knee extension	leg lifts

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Bingo Card ID 006

Chair Exercise Bingo

heel raises	arm curls	reach & bend	balancing toe taps	wrist circles
arm raise	marching	bird wings	knee extension	shin strengthener
knees out	ankle circles	neck stretch	leg lifts	free
chest stretch	shoulder flex	sit & reach	tummy twists	elbow to knee
elbow press	shoulder rolls	arm reach	arm circles	chest press

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Bingo Card ID 007

Chair Exercise Bingo

tummy twists	arm raise	leg lifts	shoulder flex	wrist circles
chest press	shin strengthener	marching	balancing toe taps	free
bird wings	neck stretch	elbow to knee	arm circles	knees out
heel raises	knee extension	elbow press	ankle circles	sit & reach
reach & bend	chest stretch	arm reach	shoulder rolls	arm curls

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Bingo Card ID 008

Chair Exercise Bingo

tummy twists	reach & bend	chest stretch	elbow to knee	ankle circles
arm raise	sit & reach	arm circles	heel raises	arm reach
shin strengthener	neck stretch	knees out	bird wings	balancing toe taps
shoulder rolls	arm curls	wrist circles	free	leg lifts
elbow press	chest press	marching	knee extension	shoulder flex

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Bingo Card ID 009

Chair Exercise Bingo

chest stretch	elbow press	knee extension	shoulder flex	arm circles
heel raises	arm reach	balancing toe taps	free	reach & bend
neck stretch	knees out	tummy twists	bird wings	marching
shoulder rolls	chest press	leg lifts	arm raise	elbow to knee
ankle circles	shin strengthener	arm curls	wrist circles	sit & reach

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Bingo Card ID 010

Chair Exercise Bingo

sit & reach	shoulder flex	leg lifts	arm curls	arm raise
marching	chest press	bird wings	arm circles	ankle circles
knee extension	wrist circles	reach & bend	elbow press	shin strengthener
free	tummy twists	heel raises	shoulder rolls	arm reach
elbow to knee	neck stretch	chest stretch	balancing toe taps	knees out

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Bingo Card ID 011

Chair Exercise Bingo

arm curls	shoulder rolls	reach & bend	arm circles	balancing toe taps
knees out	chest stretch	heel raises	knee extension	shin strengthener
chest press	tummy twists	leg lifts	wrist circles	free
marching	neck stretch	shoulder flex	arm raise	sit & reach
ankle circles	bird wings	arm reach	elbow to knee	elbow press

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Bingo Card ID 012

Chair Exercise Bingo

marching	chest press	knees out	arm curls	bird wings
elbow press	knee extension	elbow to knee	shoulder rolls	balancing toe taps
free	shin strengthener	arm circles	wrist circles	tummy twists
heel raises	sit & reach	reach & bend	chest stretch	arm raise
ankle circles	neck stretch	leg lifts	shoulder flex	arm reach

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Bingo Card ID 013

Chair Exercise Bingo

shin strengthener	wrist circles	arm reach	chest stretch	elbow press
knee extension	arm raise	balancing toe taps	tummy twists	knees out
marching	shoulder flex	reach & bend	bird wings	chest press
ankle circles	leg lifts	arm circles	elbow to knee	sit & reach
arm curls	free	heel raises	shoulder rolls	neck stretch

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Bingo Card ID 014

Chair Exercise Bingo

elbow press	wrist circles	arm reach	free	knee extension
arm raise	shin strengthener	neck stretch	elbow to knee	knees out
bird wings	shoulder rolls	marching	ankle circles	heel raises
leg lifts	arm circles	sit & reach	balancing toe taps	shoulder flex
reach & bend	tummy twists	chest stretch	chest press	arm curls

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Bingo Card ID 015

Chair Exercise Bingo

chest press	chest stretch	heel raises	marching	arm curls
neck stretch	sit & reach	knee extension	balancing toe taps	arm circles
knees out	arm reach	shoulder flex	shin strengthener	reach & bend
wrist circles	elbow to knee	bird wings	tummy twists	ankle circles
shoulder rolls	arm raise	leg lifts	free	elbow press

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Bingo Card ID 016

Chair Exercise Bingo

arm circles	knees out	free	tummy twists	bird wings
sit & reach	shoulder rolls	shin strengthener	wrist circles	knee extension
neck stretch	leg lifts	ankle circles	heel raises	elbow press
marching	reach & bend	elbow to knee	chest stretch	shoulder flex
arm reach	chest press	arm curls	balancing toe taps	arm raise

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Bingo Card ID 017

Chair Exercise Bingo

heel raises	knees out	balancing toe taps	tummy twists	wrist circles
arm reach	chest press	arm curls	shoulder flex	chest stretch
elbow press	knee extension	ankle circles	elbow to knee	marching
free	arm raise	shoulder rolls	leg lifts	neck stretch
reach & bend	sit & reach	arm circles	bird wings	shin strengthener

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Bingo Card ID 018

Chair Exercise Bingo

free	arm curls	ankle circles	arm reach	shin strengthener
knee extension	reach & bend	knees out	leg lifts	neck stretch
sit & reach	heel raises	elbow to knee	elbow press	chest stretch
shoulder flex	bird wings	chest press	balancing toe taps	arm raise
arm circles	marching	shoulder rolls	tummy twists	wrist circles

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Bingo Card ID 019

Chair Exercise Bingo

bird wings	elbow to knee	wrist circles	free	elbow press
arm raise	chest stretch	arm reach	knee extension	leg lifts
neck stretch	tummy twists	reach & bend	balancing toe taps	shoulder flex
marching	chest press	shin strengthener	arm circles	ankle circles
heel raises	shoulder rolls	knees out	sit & reach	arm curls

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Bingo Card ID 020

Chair Exercise Bingo

knee extension	shoulder flex	bird wings	knees out	ankle circles
marching	leg lifts	chest press	heel raises	arm curls
wrist circles	shoulder rolls	elbow to knee	free	chest stretch
shin strengthener	arm raise	sit & reach	tummy twists	neck stretch
arm circles	balancing toe taps	arm reach	elbow press	reach & bend

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Bingo Card ID 021

Chair Exercise Bingo

shoulder flex	leg lifts	knees out	chest press	reach & bend
neck stretch	heel raises	sit & reach	arm reach	arm circles
arm raise	balancing toe taps	tummy twists	wrist circles	elbow press
marching	shin strengthener	ankle circles	knee extension	free
bird wings	arm curls	elbow to knee	shoulder rolls	chest stretch

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Bingo Card ID 022

Chair Exercise Bingo

free	ankle circles	arm reach	elbow press	leg lifts
heel raises	marching	arm curls	chest stretch	arm circles
tummy twists	shin strengthener	shoulder rolls	elbow to knee	reach & bend
arm raise	knee extension	shoulder flex	balancing toe taps	chest press
sit & reach	wrist circles	neck stretch	knees out	bird wings

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Bingo Card ID 023

Chair Exercise Bingo

elbow to knee	elbow press	ankle circles	marching	arm raise
shoulder flex	tummy twists	neck stretch	sit & reach	chest stretch
shin strengthener	free	bird wings	chest press	wrist circles
knee extension	shoulder rolls	leg lifts	knees out	arm reach
balancing toe taps	reach & bend	arm circles	arm curls	heel raises

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Bingo Card ID 024

Chair Exercise Bingo

shoulder rolls	neck stretch	bird wings	arm curls	elbow to knee
leg lifts	knees out	wrist circles	sit & reach	heel raises
knee extension	chest press	arm reach	free	chest stretch
marching	ankle circles	arm raise	elbow press	balancing toe taps
reach & bend	shoulder flex	arm circles	shin strengthener	tummy twists

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Bingo Card ID 025

Chair Exercise Bingo

neck stretch	knee extension	sit & reach	arm reach	arm raise
chest stretch	free	ankle circles	elbow press	tummy twists
elbow to knee	knees out	arm curls	shoulder flex	shoulder rolls
shin strengthener	wrist circles	balancing toe taps	reach & bend	leg lifts
chest press	heel raises	marching	arm circles	bird wings

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Bingo Card ID 026

Chair Exercise Bingo

ankle circles	chest press	elbow press	shin strengthener	bird wings
arm circles	tummy twists	free	shoulder flex	elbow to knee
arm reach	marching	heel raises	arm raise	leg lifts
neck stretch	shoulder rolls	knee extension	wrist circles	knees out
reach & bend	chest stretch	arm curls	balancing toe taps	sit & reach

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Bingo Card ID 027

Chair Exercise Bingo

heel raises	chest press	tummy twists	sit & reach	knee extension
shoulder flex	arm circles	ankle circles	wrist circles	shoulder rolls
arm reach	neck stretch	free	arm raise	reach & bend
chest stretch	leg lifts	knees out	elbow press	elbow to knee
arm curls	marching	shin strengthener	balancing toe taps	bird wings

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Bingo Card ID 028

Chair Exercise Bingo

elbow to knee	reach & bend	tummy twists	marching	bird wings
shoulder flex	shoulder rolls	sit & reach	ankle circles	knees out
arm raise	neck stretch	shin strengthener	elbow press	chest stretch
arm reach	arm curls	chest press	balancing toe taps	knee extension
wrist circles	leg lifts	arm circles	free	heel raises

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Bingo Card ID 029

Chair Exercise Bingo

elbow to knee	arm curls	shoulder rolls	ankle circles	arm reach
chest press	arm circles	arm raise	free	chest stretch
knee extension	knees out	wrist circles	sit & reach	bird wings
neck stretch	shin strengthener	shoulder flex	balancing toe taps	tummy twists
leg lifts	marching	reach & bend	elbow press	heel raises

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Bingo Card ID 030

Chair Exercise Bingo

leg lifts	chest press	arm circles	bird wings	sit & reach
balancing toe taps	knees out	shoulder flex	elbow to knee	tummy twists
reach & bend	knee extension	heel raises	arm reach	arm curls
free	shin strengthener	neck stretch	elbow press	arm raise
ankle circles	shoulder rolls	marching	chest stretch	wrist circles

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