

Fitness 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/ynzwbkz

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/ynzwbkz

Edit and Create

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

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.

10 Jumping Jacks	5 Push- ups	10 Sit- ups	10 Arm Circles	10 Crab Walks	2 Laps	5 Burpees
15 Punches	10 Squats	15 Second Plank	20 Seconds Fast Feet	10 Mountain Climbers	5 Leg Lifts	3 Toe Touches
10 Walking Lunges	5 Hops on Each Foot	10 Heel Raises	5 Windmills	15 Marches	10 Seconds Straddle Stretch	15 Seconds Butterfly
10 Bicycles	15 Seconds Wall Sit	10 Side Bends				

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3 Toe Touches	10 Crab Walks	15 Punches	10 Mountain Climbers	15 Seconds Wall Sit
10 Walking Lunges	15 Seconds Butterfly	5 Burpees	2 Laps	10 Jumping Jacks
5 Hops on Each Foot	5 Push-ups	FREE SPACE	10 Seconds Straddle Stretch	10 Bicycles
5 Windmills	10 Sit-ups	15 Marches	10 Arm Circles	10 Squats
10 Side Bends	10 Heel Raises	15 Second Plank	20 Seconds Fast Feet	5 Leg Lifts

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5 Burpees	2 Laps	15 Second Plank	3 Toe Touches	10 Sit- ups
10 Walking Lunges	10 Seconds Straddle Stretch	20 Seconds Fast Feet	5 Hops on Each Foot	10 Mountain Climbers
5 Windmills	10 Squats	FREE SPACE	10 Heel Raises	15 Marches
10 Bicycles	10 Jumping Jacks	10 Crab Walks	5 Push- ups	10 Arm Circles
15 Seconds Wall Sit	10 Side Bends	15 Punches	15 Seconds Butterfly	5 Leg Lifts

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20 Seconds Fast Feet	15 Seconds Butterfly	5 Burpees	10 Squats	15 Marches
5 Leg Lifts	10 Mountain Climbers	10 Seconds Straddle Stretch	15 Second Plank	5 Push- ups
10 Crab Walks	3 Toe Touches	FREE SPACE	10 Bicycles	10 Side Bends
2 Laps	10 Sit- ups	5 Hops on Each Foot	10 Arm Circles	5 Windmills
15 Seconds Wall Sit	15 Punches	10 Walking Lunges	10 Jumping Jacks	10 Heel Raises

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5 Push- ups	15 Punches	5 Hops on Each Foot	10 Jumping Jacks	15 Second Plank
10 Bicycles	15 Seconds Butterfly	15 Seconds Wall Sit	5 Windmills	20 Seconds Fast Feet
10 Seconds Straddle Stretch	3 Toe Touches	FREE SPACE	5 Burpees	10 Heel Raises
10 Squats	10 Sit- ups	10 Mountain Climbers	5 Leg Lifts	10 Walking Lunges
2 Laps	10 Crab Walks	15 Marches	10 Arm Circles	10 Side Bends

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15 Punches	10 Jumping Jacks	5 Push- ups	10 Seconds Straddle Stretch	10 Arm Circles
5 Burpees	10 Sit- ups	2 Laps	5 Leg Lifts	10 Bicycles
10 Crab Walks	5 Windmills	FREE SPACE	10 Walking Lunges	15 Marches
10 Mountain Climbers	10 Heel Raises	10 Squats	15 Seconds Butterfly	3 Toe Touches
10 Side Bends	5 Hops on Each Foot	15 Seconds Wall Sit	20 Seconds Fast Feet	15 Second Plank

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15 Punches	10 Crab Walks	3 Toe Touches	10 Heel Raises	10 Mountain Climbers
10 Seconds Straddle Stretch	2 Laps	15 Second Plank	5 Burpees	15 Seconds Butterfly
10 Arm Circles	15 Marches	FREE SPACE	15 Seconds Wall Sit	20 Seconds Fast Feet
10 Sit- ups	5 Hops on Each Foot	5 Push- ups	5 Windmills	10 Walking Lunges
10 Squats	10 Jumping Jacks	5 Leg Lifts	10 Bicycles	10 Side Bends

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5 Windmills	10 Heel Raises	5 Hops on Each Foot	15 Seconds Wall Sit	5 Burpees
10 Side Bends	2 Laps	10 Mountain Climbers	15 Marches	15 Seconds Butterfly
10 Seconds Straddle Stretch	20 Seconds Fast Feet	FREE SPACE	10 Walking Lunges	10 Bicycles
15 Punches	15 Second Plank	10 Squats	10 Arm Circles	5 Push- ups
10 Sit- ups	3 Toe Touches	10 Jumping Jacks	10 Crab Walks	5 Leg Lifts

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5 Windmills	3 Toe Touches	10 Sit- ups	10 Walking Lunges	10 Arm Circles
10 Heel Raises	10 Bicycles	5 Push- ups	15 Punches	10 Jumping Jacks
5 Burpees	20 Seconds Fast Feet	FREE SPACE	15 Seconds Butterfly	10 Seconds Straddle Stretch
10 Crab Walks	5 Leg Lifts	10 Mountain Climbers	15 Seconds Wall Sit	15 Marches
2 Laps	10 Squats	10 Side Bends	15 Second Plank	5 Hops on Each Foot

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10 Sit-ups	10 Squats	15 Second Plank	10 Bicycles	5 Hops on Each Foot
15 Punches	10 Jumping Jacks	10 Mountain Climbers	15 Marches	3 Toe Touches
20 Seconds Fast Feet	15 Seconds Butterfly	FREE SPACE	5 Windmills	10 Seconds Straddle Stretch
2 Laps	10 Side Bends	5 Leg Lifts	15 Seconds Wall Sit	10 Heel Raises
10 Walking Lunges	5 Burpees	10 Crab Walks	10 Arm Circles	5 Push-ups

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15 Seconds Wall Sit	5 Push- ups	5 Hops on Each Foot	10 Crab Walks	10 Heel Raises
2 Laps	10 Side Bends	10 Seconds Straddle Stretch	10 Bicycles	10 Arm Circles
15 Second Plank	5 Burpees	FREE SPACE	10 Squats	3 Toe Touches
15 Punches	5 Windmills	15 Marches	5 Leg Lifts	10 Jumping Jacks
20 Seconds Fast Feet	10 Walking Lunges	10 Sit- ups	10 Mountain Climbers	15 Seconds Butterfly

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10 Crab Walks	5 Leg Lifts	10 Bicycles	3 Toe Touches	10 Mountain Climbers
15 Seconds Butterfly	10 Sit- ups	15 Punches	5 Burpees	10 Side Bends
15 Second Plank	15 Seconds Wall Sit	FREE SPACE	5 Windmills	15 Marches
2 Laps	20 Seconds Fast Feet	5 Hops on Each Foot	10 Heel Raises	5 Push- ups
10 Arm Circles	10 Seconds Straddle Stretch	10 Jumping Jacks	10 Walking Lunges	10 Squats

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15 Seconds Butterfly	10 Side Bends	2 Laps	10 Crab Walks	10 Seconds Straddle Stretch
10 Squats	15 Second Plank	10 Walking Lunges	5 Leg Lifts	10 Mountain Climbers
15 Marches	5 Burpees	FREE SPACE	10 Bicycles	5 Windmills
15 Punches	3 Toe Touches	5 Push- ups	10 Sit- ups	10 Heel Raises
10 Arm Circles	20 Seconds Fast Feet	15 Seconds Wall Sit	10 Jumping Jacks	5 Hops on Each Foot

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5 Burpees	10 Sit- ups	10 Jumping Jacks	10 Squats	15 Second Plank
10 Heel Raises	10 Mountain Climbers	5 Windmills	15 Seconds Butterfly	5 Hops on Each Foot
3 Toe Touches	2 Laps	FREE SPACE	10 Seconds Straddle Stretch	10 Side Bends
10 Arm Circles	15 Seconds Wall Sit	10 Bicycles	10 Walking Lunges	10 Crab Walks
5 Push- ups	15 Marches	15 Punches	5 Leg Lifts	20 Seconds Fast Feet

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10 Squats	10 Jumping Jacks	15 Marches	15 Second Plank	10 Heel Raises
5 Burpees	20 Seconds Fast Feet	10 Walking Lunges	15 Seconds Butterfly	10 Seconds Straddle Stretch
5 Leg Lifts	10 Arm Circles	FREE SPACE	2 Laps	15 Punches
15 Seconds Wall Sit	10 Bicycles	5 Push- ups	10 Mountain Climbers	5 Hops on Each Foot
3 Toe Touches	5 Windmills	10 Sit- ups	10 Side Bends	10 Crab Walks

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10 Side Bends	10 Sit-ups	15 Punches	2 Laps	10 Crab Walks
20 Seconds Fast Feet	5 Push-ups	15 Second Plank	10 Mountain Climbers	10 Bicycles
15 Seconds Butterfly	10 Jumping Jacks	FREE SPACE	5 Hops on Each Foot	5 Burpees
10 Walking Lunges	3 Toe Touches	5 Windmills	10 Seconds Straddle Stretch	10 Arm Circles
5 Leg Lifts	10 Heel Raises	15 Seconds Wall Sit	15 Marches	10 Squats

Fitness Bingo

15 Seconds Butterfly	15 Marches	10 Bicycles	5 Windmills	10 Seconds Straddle Stretch
5 Push- ups	5 Leg Lifts	5 Burpees	15 Second Plank	20 Seconds Fast Feet
15 Seconds Wall Sit	10 Arm Circles	FREE SPACE	15 Punches	10 Squats
2 Laps	3 Toe Touches	10 Walking Lunges	10 Sit- ups	5 Hops on Each Foot
10 Jumping Jacks	10 Side Bends	10 Crab Walks	10 Mountain Climbers	10 Heel Raises

Fitness Bingo

15 Punches	15 Seconds Butterfly	10 Mountain Climbers	5 Windmills	10 Jumping Jacks
5 Hops on Each Foot	10 Crab Walks	10 Side Bends	10 Squats	10 Sit- ups
15 Second Plank	10 Arm Circles	FREE SPACE	10 Walking Lunges	15 Marches
2 Laps	10 Heel Raises	5 Leg Lifts	15 Seconds Wall Sit	20 Seconds Fast Feet
3 Toe Touches	5 Push- ups	10 Bicycles	5 Burpees	10 Seconds Straddle Stretch

Fitness Bingo

15 Marches	10 Crab Walks	10 Arm Circles	10 Jumping Jacks	5 Burpees
15 Second Plank	3 Toe Touches	15 Seconds Butterfly	15 Seconds Wall Sit	20 Seconds Fast Feet
5 Push- ups	15 Punches	FREE SPACE	10 Walking Lunges	10 Squats
10 Sit- ups	5 Hops on Each Foot	10 Seconds Straddle Stretch	10 Side Bends	10 Mountain Climbers
10 Heel Raises	10 Bicycles	2 Laps	5 Leg Lifts	5 Windmills

Fitness Bingo

10 Seconds Straddle Stretch	10 Walking Lunges	10 Squats	10 Heel Raises	15 Marches
10 Sit- ups	10 Jumping Jacks	15 Seconds Wall Sit	15 Second Plank	20 Seconds Fast Feet
3 Toe Touches	5 Windmills	FREE SPACE	10 Mountain Climbers	5 Hops on Each Foot
2 Laps	10 Side Bends	10 Bicycles	5 Burpees	10 Arm Circles
15 Punches	5 Leg Lifts	15 Seconds Butterfly	5 Push- ups	10 Crab Walks

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15 Second Plank	5 Hops on Each Foot	10 Seconds Straddle Stretch	15 Seconds Butterfly	10 Arm Circles
2 Laps	15 Seconds Wall Sit	10 Side Bends	15 Punches	10 Crab Walks
5 Leg Lifts	10 Walking Lunges	FREE SPACE	15 Marches	10 Sit- ups
5 Burpees	10 Heel Raises	5 Push- ups	5 Windmills	20 Seconds Fast Feet
10 Bicycles	10 Mountain Climbers	10 Jumping Jacks	10 Squats	3 Toe Touches

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5 Hops on Each Foot	15 Seconds Wall Sit	10 Side Bends	15 Seconds Butterfly	3 Toe Touches
20 Seconds Fast Feet	15 Punches	5 Push- ups	10 Bicycles	10 Jumping Jacks
10 Heel Raises	10 Mountain Climbers	FREE SPACE	5 Windmills	10 Squats
2 Laps	5 Burpees	10 Arm Circles	15 Second Plank	15 Marches
10 Seconds Straddle Stretch	10 Crab Walks	10 Walking Lunges	5 Leg Lifts	10 Sit- ups

Fitness Bingo

15 Marches	10 Arm Circles	10 Jumping Jacks	10 Squats	15 Seconds Wall Sit
15 Punches	2 Laps	10 Crab Walks	10 Bicycles	5 Burpees
5 Windmills	10 Sit- ups	FREE SPACE	10 Walking Lunges	3 Toe Touches
5 Leg Lifts	10 Heel Raises	15 Second Plank	5 Hops on Each Foot	10 Side Bends
10 Mountain Climbers	5 Push- ups	20 Seconds Fast Feet	15 Seconds Butterfly	10 Seconds Straddle Stretch

Fitness Bingo

10 Walking Lunges	10 Squats	10 Arm Circles	10 Heel Raises	2 Laps
5 Hops on Each Foot	20 Seconds Fast Feet	5 Windmills	10 Sit- ups	5 Burpees
5 Push- ups	15 Marches	FREE SPACE	10 Side Bends	10 Seconds Straddle Stretch
15 Second Plank	5 Leg Lifts	15 Seconds Wall Sit	15 Seconds Butterfly	10 Jumping Jacks
10 Mountain Climbers	10 Bicycles	3 Toe Touches	10 Crab Walks	15 Punches

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10 Seconds Straddle Stretch	5 Leg Lifts	20 Seconds Fast Feet	10 Crab Walks	15 Seconds Wall Sit
10 Walking Lunges	15 Seconds Butterfly	15 Punches	5 Push- ups	10 Jumping Jacks
10 Side Bends	15 Second Plank	FREE SPACE	10 Sit- ups	15 Marches
2 Laps	10 Arm Circles	10 Heel Raises	10 Squats	10 Mountain Climbers
3 Toe Touches	5 Hops on Each Foot	10 Bicycles	5 Burpees	5 Windmills

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15 Second Plank	20 Seconds Fast Feet	5 Push- ups	10 Jumping Jacks	10 Heel Raises
15 Marches	10 Sit- ups	10 Arm Circles	10 Squats	5 Windmills
10 Walking Lunges	15 Seconds Butterfly	FREE SPACE	10 Crab Walks	5 Hops on Each Foot
5 Burpees	5 Leg Lifts	10 Mountain Climbers	3 Toe Touches	10 Side Bends
15 Seconds Wall Sit	15 Punches	10 Bicycles	10 Seconds Straddle Stretch	2 Laps

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10 Arm Circles	10 Side Bends	10 Squats	5 Burpees	10 Seconds Straddle Stretch
10 Bicycles	15 Marches	5 Windmills	5 Hops on Each Foot	10 Walking Lunges
10 Jumping Jacks	2 Laps	FREE SPACE	10 Heel Raises	15 Punches
15 Seconds Wall Sit	20 Seconds Fast Feet	5 Leg Lifts	15 Second Plank	15 Seconds Butterfly
3 Toe Touches	10 Sit- ups	10 Crab Walks	10 Mountain Climbers	5 Push- ups

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5 Windmills	10 Side Bends	15 Punches	15 Second Plank	5 Push- ups
10 Bicycles	5 Hops on Each Foot	10 Arm Circles	10 Jumping Jacks	5 Leg Lifts
15 Marches	20 Seconds Fast Feet	FREE SPACE	10 Heel Raises	10 Sit- ups
3 Toe Touches	15 Seconds Butterfly	15 Seconds Wall Sit	10 Squats	10 Walking Lunges
10 Crab Walks	2 Laps	5 Burpees	10 Seconds Straddle Stretch	10 Mountain Climbers

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5 Windmills	10 Walking Lunges	3 Toe Touches	10 Seconds Straddle Stretch	2 Laps
5 Push- ups	5 Leg Lifts	5 Hops on Each Foot	10 Arm Circles	20 Seconds Fast Feet
15 Seconds Butterfly	5 Burpees	FREE SPACE	10 Heel Raises	10 Squats
10 Sit- ups	10 Jumping Jacks	10 Crab Walks	15 Second Plank	10 Side Bends
10 Mountain Climbers	15 Marches	10 Bicycles	15 Seconds Wall Sit	15 Punches

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10 Walking Lunges	10 Crab Walks	5 Leg Lifts	10 Arm Circles	10 Jumping Jacks
10 Side Bends	10 Bicycles	10 Heel Raises	15 Marches	15 Second Plank
10 Sit- ups	15 Seconds Butterfly	FREE SPACE	5 Push- ups	20 Seconds Fast Feet
10 Seconds Straddle Stretch	5 Burpees	5 Hops on Each Foot	5 Windmills	10 Mountain Climbers
2 Laps	15 Seconds Wall Sit	3 Toe Touches	10 Squats	15 Punches

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15 Seconds Wall Sit	10 Side Bends	10 Bicycles	10 Seconds Straddle Stretch	5 Push- ups
5 Hops on Each Foot	10 Mountain Climbers	15 Seconds Butterfly	5 Windmills	10 Walking Lunges
3 Toe Touches	15 Second Plank	FREE SPACE	15 Punches	10 Jumping Jacks
10 Crab Walks	15 Marches	5 Burpees	20 Seconds Fast Feet	10 Squats
10 Heel Raises	5 Leg Lifts	10 Arm Circles	2 Laps	10 Sit- ups