

Fitness 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/zmvvah

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/zmvvah

Edit and Create

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

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.

| | | | | | |
|-----------------------|-----------------------------|-------------------------------|--------------------------------|------------------|---------------|
| 8 Jumping jacks | 2 push ups | 5 squats | hop on one foot- 5 times | 6 sit ups | 3 crunches |
| 1 push up | march in place 10 sec | 2 tuck jumps | plank 10 sec | 5 toe touches | 3 lunges |
| 2 push ups | 3 jumping jacks | reach to the sky 10 sec | butterfly stretch 10 sec | | |

Fitness Bingo!

| | | | |
|-----------------|-----------------|--------------------------|--------------------------|
| 2 push ups | 3 jumping jacks | hop on one foot- 5 times | reach to the sky 10 sec |
| 8 Jumping jacks | plank 10 sec | 3 crunches | 2 push ups |
| 3 lunges | 5 toe touches | 1 push up | butterfly stretch 10 sec |
| 5 squats | 6 sit ups | 2 tuck jumps | march in place 10 sec |

Fitness Bingo!

| | | | |
|-----------------------|--------------------------|--------------------------|--------------|
| march in place 10 sec | 5 toe touches | 8 Jumping jacks | 3 lunges |
| 3 jumping jacks | 2 tuck jumps | 6 sit ups | 2 push ups |
| 2 push ups | 3 crunches | butterfly stretch 10 sec | 1 push up |
| 5 squats | hop on one foot- 5 times | reach to the sky 10 sec | plank 10 sec |

Fitness Bingo!

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|--------------------------|--------------|--------------------------|-------------------------|
| plank 10 sec | 6 sit ups | butterfly stretch 10 sec | 3 jumping jacks |
| 2 push ups | 3 lunges | march in place 10 sec | 2 push ups |
| 5 squats | 1 push up | 5 toe touches | reach to the sky 10 sec |
| hop on one foot- 5 times | 2 tuck jumps | 3 crunches | 8 Jumping jacks |

Fitness Bingo!

| | | | |
|--------------------------|-------------------------|--------------------------|-----------------|
| hop on one foot- 5 times | 3 crunches | march in place 10 sec | 2 push ups |
| plank 10 sec | reach to the sky 10 sec | 3 lunges | 2 tuck jumps |
| 3 jumping jacks | 5 toe touches | 6 sit ups | 8 Jumping jacks |
| 2 push ups | 1 push up | butterfly stretch 10 sec | 5 squats |

Fitness Bingo!

| | | | |
|--------------------------------|-----------------|-----------------------------|-------------------------------|
| hop on one foot- 5 times | 3 crunches | 1 push up | 3 lunges |
| 5 toe touches | 2 push ups | 2 push ups | 8 Jumping jacks |
| butterfly stretch 10 sec | 2 tuck jumps | 3 jumping jacks | 6 sit ups |
| plank 10 sec | 5 squats | march in place 10 sec | reach to the sky 10 sec |

Fitness Bingo!

| | | | |
|--------------------------------|-------------------------------|------------------|-----------------------|
| hop on one foot- 5 times | 2 push ups | 2 tuck jumps | 3 jumping jacks |
| 3 lunges | march in place 10 sec | plank 10 sec | 1 push up |
| butterfly stretch 10 sec | reach to the sky 10 sec | 5 toe touches | 3 crunches |
| 6 sit ups | 8 Jumping jacks | 2 push ups | 5 squats |

Fitness Bingo!

| | | | |
|--------------------------|--------------------------|------------|-----------------------|
| 2 tuck jumps | reach to the sky 10 sec | 5 squats | 3 jumping jacks |
| butterfly stretch 10 sec | 2 push ups | 3 lunges | 8 Jumping jacks |
| plank 10 sec | hop on one foot- 5 times | 6 sit ups | march in place 10 sec |
| 1 push up | 2 push ups | 3 crunches | 5 toe touches |

Fitness Bingo!

| | | | |
|-------------------------|--------------------------|------------|--------------------------|
| 8 Jumping jacks | 5 toe touches | 1 push up | 2 tuck jumps |
| 2 push ups | hop on one foot- 5 times | 3 crunches | plank 10 sec |
| 2 push ups | 3 jumping jacks | 3 lunges | butterfly stretch 10 sec |
| reach to the sky 10 sec | 5 squats | 6 sit ups | march in place 10 sec |

Fitness Bingo!

| | | | |
|-------------------------|-----------------|--------------------------|--------------------------|
| 5 toe touches | 6 sit ups | march in place 10 sec | 2 push ups |
| 3 crunches | 3 jumping jacks | butterfly stretch 10 sec | hop on one foot- 5 times |
| plank 10 sec | 3 lunges | 5 squats | 2 tuck jumps |
| reach to the sky 10 sec | 8 Jumping jacks | 1 push up | 2 push ups |

Fitness Bingo!

| | | | |
|-------------------------|--------------------------|--------------------------|-----------------------|
| reach to the sky 10 sec | 2 push ups | 2 tuck jumps | 5 squats |
| 3 lunges | 2 push ups | 1 push up | march in place 10 sec |
| 6 sit ups | butterfly stretch 10 sec | hop on one foot- 5 times | 3 crunches |
| 8 Jumping jacks | 3 jumping jacks | 5 toe touches | plank 10 sec |

Fitness Bingo!

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|--------------------------|-------------------------|--------------------------|-----------------------|
| 2 push ups | 2 push ups | 3 jumping jacks | plank 10 sec |
| 5 toe touches | 5 squats | hop on one foot- 5 times | march in place 10 sec |
| butterfly stretch 10 sec | reach to the sky 10 sec | 2 tuck jumps | 1 push up |
| 3 crunches | 3 lunges | 8 Jumping jacks | 6 sit ups |

Fitness Bingo!

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|--------------------------|-----------------------|--------------------------|-------------------------|
| plank 10 sec | 5 squats | 3 lunges | 2 push ups |
| 6 sit ups | march in place 10 sec | 8 Jumping jacks | 3 jumping jacks |
| butterfly stretch 10 sec | 2 push ups | hop on one foot- 5 times | 1 push up |
| 2 tuck jumps | 5 toe touches | 3 crunches | reach to the sky 10 sec |

Fitness Bingo!

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|---------------|-----------------|--------------------------|--------------------------|
| 5 toe touches | 3 crunches | 6 sit ups | march in place 10 sec |
| 2 tuck jumps | 3 jumping jacks | plank 10 sec | 3 lunges |
| 5 squats | 1 push up | 2 push ups | reach to the sky 10 sec |
| 2 push ups | 8 Jumping jacks | butterfly stretch 10 sec | hop on one foot- 5 times |

Fitness Bingo!

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|-----------------------|--------------------------|--------------------------|---------------|
| 6 sit ups | 3 crunches | butterfly stretch 10 sec | 2 tuck jumps |
| march in place 10 sec | 8 Jumping jacks | plank 10 sec | 3 lunges |
| 1 push up | hop on one foot- 5 times | reach to the sky 10 sec | 2 push ups |
| 3 jumping jacks | 2 push ups | 5 squats | 5 toe touches |

Fitness Bingo!

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|-----------------------|-----------------|--------------------------|-------------------------|
| 5 squats | 5 toe touches | hop on one foot- 5 times | 2 push ups |
| march in place 10 sec | 2 push ups | 3 jumping jacks | plank 10 sec |
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Fitness Bingo!

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|--------------|--------------------------|-----------------------|--------------------------|
| plank 10 sec | hop on one foot- 5 times | 3 crunches | 3 jumping jacks |
| 2 push ups | 5 squats | 5 toe touches | 6 sit ups |
| 1 push up | 8 Jumping jacks | march in place 10 sec | butterfly stretch 10 sec |
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| 2 push ups | butterfly stretch 10 sec | 1 push up | 3 crunches |
| march in place 10 sec | plank 10 sec | reach to the sky 10 sec | hop on one foot- 5 times |
| 5 toe touches | 6 sit ups | 8 Jumping jacks | 3 lunges |
| 3 jumping jacks | 5 squats | 2 tuck jumps | 2 push ups |

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|--------------------------------|--------------------------------|-----------------|-----------------------------|
| 8 Jumping jacks | 3 lunges | 2 tuck jumps | 6 sit ups |
| butterfly stretch 10 sec | 5 toe touches | 3 crunches | march in place 10 sec |
| reach to the sky 10 sec | 3 jumping jacks | 2 push ups | 5 squats |
| 1 push up | hop on one foot- 5 times | plank 10 sec | 2 push ups |

Fitness Bingo!

| | | | |
|------------------|-------------------------------|--------------------------------|--------------------------------|
| 3 lunges | march in place 10 sec | plank 10 sec | 1 push up |
| 5 squats | reach to the sky 10 sec | 2 push ups | hop on one foot- 5 times |
| 5 toe touches | 8 Jumping jacks | butterfly stretch 10 sec | 2 tuck jumps |
| 2 push ups | 3 jumping jacks | 3 crunches | 6 sit ups |

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|--------------------------------|-----------------------------|-----------------------|--------------------------------|
| reach to the sky 10 sec | plank 10 sec | 5 squats | hop on one foot- 5 times |
| 2 push ups | 3 crunches | 2 tuck jumps | 3 jumping jacks |
| 6 sit ups | 1 push up | 2 push ups | 3 lunges |
| butterfly stretch 10 sec | march in place 10 sec | 8 Jumping jacks | 5 toe touches |

Fitness Bingo!

| | | | |
|--------------------------------|-------------------------------|-----------------|-----------------------------|
| butterfly stretch 10 sec | 1 push up | 3 crunches | 6 sit ups |
| hop on one foot- 5 times | reach to the sky 10 sec | 2 push ups | 2 push ups |
| 5 toe touches | 8 Jumping jacks | 2 tuck jumps | march in place 10 sec |
| 3 jumping jacks | 5 squats | plank 10 sec | 3 lunges |

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|-----------------------------|--------------------------------|---------------|--------------------------------|
| 8 Jumping jacks | 6 sit ups | 1 push up | 2 tuck jumps |
| 5 toe touches | butterfly stretch 10 sec | 3 lunges | 5 squats |
| march in place 10 sec | reach to the sky 10 sec | 3 crunches | plank 10 sec |
| 3 jumping jacks | 2 push ups | 2 push ups | hop on one foot- 5 times |

Fitness Bingo!

| | | | |
|-------------------------------|--------------------------------|--------------------------------|-----------------|
| 3 lunges | 2 push ups | 8 Jumping jacks | plank 10 sec |
| reach to the sky 10 sec | hop on one foot- 5 times | 3 crunches | 5 squats |
| march in place 10 sec | 5 toe touches | butterfly stretch 10 sec | 1 push up |
| 2 tuck jumps | 3 jumping jacks | 6 sit ups | 2 push ups |

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| 2 push ups | butterfly stretch 10 sec | 8 Jumping jacks | 3 crunches |
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| plank 10 sec | 2 push ups | 5 toe touches | 3 jumping jacks |

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| 6 sit ups | 3 jumping jacks | 5 squats | march in place 10 sec |
| 2 push ups | butterfly stretch 10 sec | reach to the sky 10 sec | hop on one foot- 5 times |

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| 5 toe touches | march in place 10 sec | plank 10 sec | 3 lunges |
| 3 jumping jacks | reach to the sky 10 sec | 6 sit ups | hop on one foot- 5 times |

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| 5 squats | reach to the sky 10 sec | 2 push ups | 3 lunges |
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| hop on one foot- 5 times | march in place 10 sec | 2 push ups | butterfly stretch 10 sec |
| 2 tuck jumps | 6 sit ups | 1 push up | 5 toe touches |