Fun Fitness Multiple Bingo Boards

Backwards Lunges	Climb the Rope	Upward Punches	Sumo Squats	Frog Jumps
Shoulder Taps	Twist and Jump	Front Kicks	Side Lunges	Marching on the Spot

Aim to do each exercise for 20-30 seconds.

twinkl.com

Fun Fitness Multiple Bingo Boards

Shoulder Taps	Twist and Jump	Front Kicks	Side Lunges	Marching on the Spot
Star Jumps	Squats	Forward Punches	Elbow to Knee	Box Push-Ups

Aim to do each exercise for 20-30 seconds.

twinkl.com

Fun Fitness Multiple Bingo Boards

Star Jumps	Squats	Forward Punches	Elbow to Knee	Box Push-Ups
High Knees with Punches	Squat with Punches	Upper Cuts	Mummy Kicks	Running on the Spot

Aim to do each exercise for 20-30 seconds.

twinkl.com

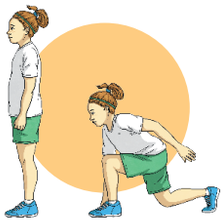
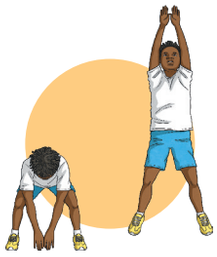
Fun Fitness Multiple Bingo Boards

Backwards Lunges	Climb the Rope	Upward Punches	Sumo Squats	Frog Jumps
Star Jumps	Squats	Forward Punches	Elbow to Knee	Box Push-Ups

Aim to do each exercise for 20-30 seconds.

twinkl.com

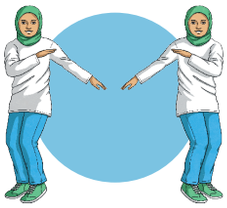
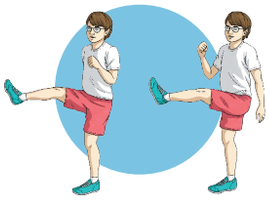
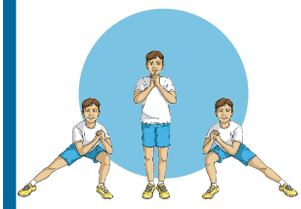
Fun Fitness Multiple Bingo Boards

High Knees with Punches	Squat with Punches	Upper Cuts	Mummy Kicks	Running on the Spot
Backwards Lunges 	Climb the Rope	Upward Punches	Sumo Squats	Frog Jumps 

Aim to do each exercise for 20-30 seconds.

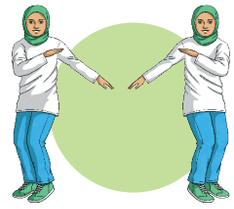
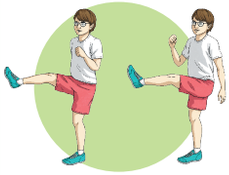
twinkl.com

Fun Fitness Multiple Bingo Boards

Shoulder Taps	Twist and Jump 	Front Kicks 	Side Lunges 	Marching on the Spot
High Knees with Punches	Squat with Punches	Upper Cuts	Mummy Kicks	Running on the Spot

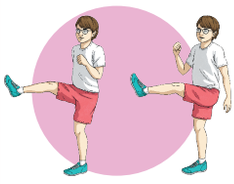
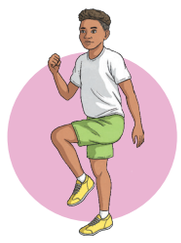
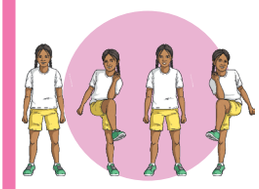
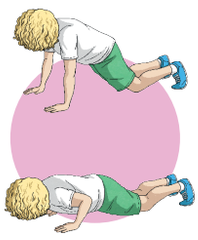
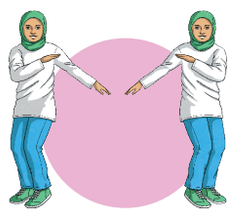
Aim to do each exercise for 20-30 seconds.

Fun Fitness Multiple Bingo Boards

Backwards Lunges	Climb the Rope	Upward Punches	Shoulder Taps	Twist and Jump 
Front Kicks 	Star Jumps	Squats	Forward Punches	Mummy Kicks

Aim to do each exercise for 20-30 seconds.

Fun Fitness Multiple Bingo Boards

Front Kicks 	Side Lunges	Marching on the Spot 	Forward Punches	Elbow to Knee 
Box Push-Ups 	Upper Cuts	Mummy Kicks	Running on the Spot	Twist and Jump 

Aim to do each exercise for 20-30 seconds.