



BINGO SET - INSTRUCTIONS

Grab all your friends, your favourite snacks and get playing!



- 1) One player will be the card caller. The card caller will decide what the winning arrangement will be (Full card, one horizontal row, one vertical row, etc).
 - 2) The caller will call out one of the activities from the board. Each player will need perform the activity that is called.
 - 3) Once each player completes the activity, they can mark it off on their bingo board.
 - 4) Repeat until one player completes the winning arrangement.
 - 5) Grab a new card and start playing towards a new arrangement!
- Tip: To reuse your cards more than once, use a pencil to mark off what activities you have completed each round.

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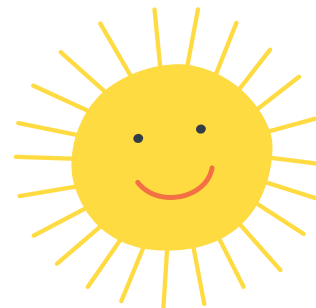
HEALTHY
FOR KIDS.
EASY
FOR YOU.





BINGO SET

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RUN ON THE SPOT (20s)	3 TOE TOUCHES	ARM CIRCLES	OVERHEAD ARM STRETCHES	SIT & REACH
5 JUMPING JACKS	LOWER LEG STRETCHES	FREE SPACE	5 CRISS-CROSS TOE TOUCHES	5 PUSHUPS
5 CRUNCHES	JUMP ROPE (25s)	5 LOG ROLLS	3 BURPEES	6 LUNGES
5 RIGHT LUNGES	5 SQUATS	5 LEFT LUNGES	20 SECOND PLANK	RUN IN A CIRCLE
LEFT SIDE PLANK (15s)	5 LEAP FROGS	5 BOX JUMPS	RIGHT SIDE PLANK (15s)	3 SIDE LEG RAISES

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5 RIGHT LUNGES	6 LUNGES	5 CRISS-CROSS TOE TOUCHES	RUN ON THE SPOT (20s)	SIT & REACH
5 BOX JUMPS	5 JUMPING JACKS	3 SIDE LEG RAISES	OVERHEAD ARM STRETCHES	5 LEAP FROGS
5 LEFT LUNGES	5 SQUATS	20 SECOND PLANK	5 LOG ROLLS	FREE SPACE
5 PUSHUPS	3 TOE TOUCHES	RIGHT SIDE PLANK (15s)	ARM CIRCLES	JUMP ROPE (25s)
LEFT SIDE PLANK (15s)	RUN IN A CIRCLE	3 BURPEES	5 CRUNCHES	LOWER LEG STRETCHES

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3 BURPEES	6 LUNGES	5 PUSHUPS	RUN ON THE SPOT (20s)	5 CRUNCHES
RUN IN A CIRCLE	RIGHT SIDE PLANK (15s)	LOWER LEG STRETCHES	SIT & REACH	5 SQUATS
JUMP ROPE (25s)	ARM CIRCLES	20 SECOND PLANK	5 RIGHT LUNGES	5 LEFT LUNGES
FREE SPACE	LEFT SIDE PLANK (15s)	5 LOG ROLLS	5 LEAP FROGS	OVERHEAD ARM STRETCHES
5 BOX JUMPS	5 JUMPING JACKS	3 SIDE LEG RAISES	5 CRISS-CROSS TOE TOUCHES	3 TOE TOUCHES

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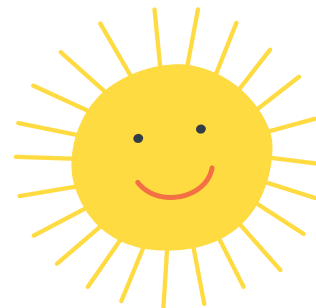
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JUMP ROPE (25s)	5 SQUATS	RUN IN A CIRCLE	5 BOX JUMPS	3 TOE TOUCHES
5 LEAP FROGS	5 PUSHUPS	20 SECOND PLANK	5 LEFT LUNGES	RUN ON THE SPOT (20s)
5 LOG ROLLS	6 LUNGES	3 SIDE LEG RAISES	OVERHEAD ARM STRETCHES	RIGHT SIDE PLANK (15s)
LOWER LEG STRETCHES	SIT & REACH	5 CRISS- CROSS TOE TOUCHES	LEFT SIDE PLANK (15s)	ARM CIRCLES
5 JUMPING JACKS	5 RIGHT LUNGES	FREE SPACE	3 BURPEES	5 CRUNCHES

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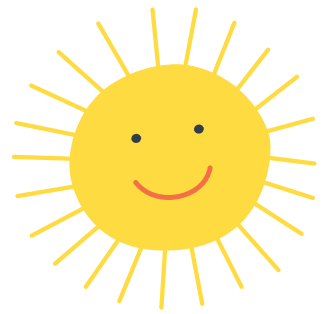


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20 SECOND PLANK	5 JUMPING JACKS	5 LEFT LUNGES	LOWER LEG STRETCHES	5 CRUNCHES
3 BURPEES	RUN ON THE SPOT (20s)	5 PUSHUPS	OVERHEAD ARM STRETCHES	5 LOG ROLLS
5 BOX JUMPS	FREE SPACE	5 RIGHT LUNGES	3 TOE TOUCHES	ARM CIRCLES
JUMP ROPE (25s)	RIGHT SIDE PLANK (15s)	5 SQUATS	SIT & REACH	6 LUNGES
LEFT SIDE PLANK (15s)	5 LEAP FROGS	3 SIDE LEG RAISES	5 CRISS-CROSS TOE TOUCHES	RUN IN A CIRCLE

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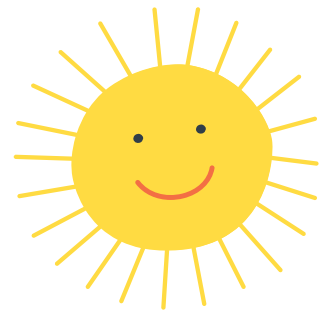
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5 JUMPING JACKS	RUN IN A CIRCLE	3 BURPEES	5 CRUNCHES	FREE SPACE
RUN ON THE SPOT (20s)	3 TOE TOUCHES	OVERHEAD ARM STRETCHES	5 SQUATS	3 SIDE LEG RAISES
5 RIGHT LUNGES	5 LEFT LUNGES	20 SECOND PLANK	5 PUSHUPS	6 LUNGES
LOWER LEG STRETCHES	5 BOX JUMPS	JUMP ROPE (25s)	5 LOG ROLLS	ARM CIRCLES
5 CRISS-CROSS TOE TOUCHES	SIT & REACH	RIGHT SIDE PLANK (15s)	LEFT SIDE PLANK (15s)	5 LEAP FROGS

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