

FITNESS BINGO #2

Have a parent/guardian initial each square as you complete it! Try to get at least a bingo (5 across, up and down, or diagonal). If you get a blackout (all squares covered), you can return it to Coach Williams or Coach Cochran to be put in a drawing for a goodie bag!

Cardio Run 3 laps around your house or driveway.	Strength Sing a song to a friend or family member while doing push ups.	Cardio Jog in place for 30 seconds.	Strength Do 5 Burpees and 10 sit-ups..	STRETCH Listen to a song and dance like crazy!! Get ready!!
Strength Seal walk around the room.	Cardio Design a fun new exercise to show everyone!	Cardio Ride your bike/scooter for 30+ minutes with parent permission and a helmet!	STRETCH Arm circles forwards and backwards (15 seconds each).	Strength 10 Push-Ups 10 Sit-Ups 10+ second plank.
Strength Ask a friend or family member to do partner push-ups with you.	Strength Balance on one foot for 20 seconds, then repeat with the other.	FREE SPACE *To claim, go wash your hands for at least 20 seconds.*	Cardio Take a listening walk (outside or inside). What sounds do you hear?	Cardio Bounce, toss, or dribble a ball for 2 minute. If you mess up, just pick up where you were.
Cardio Do 15 jumping jacks and jog in place for 1 minute	STRETCH Do V-stretches for 10 counts on both legs and to the center	Strength Do a Cosmic Kids Yoga video on YouTube	Cardio Skip around your house or area 3 or more times.	Strength Do 10 lunges on both sides and 10 side leg lifts on both sides.
STRETCH Do 20 arm circles with each arm, forwards and backwards.	Cardio March in place for 1 minute and 15 jumping jacks.	Cardio Do high knees and jumping jacks for 1 minute each.	Strength Hop in place and sing the ABCs. Switch and do it with the other leg.	STRETCH Pull up each leg behind you for 10 seconds each..