

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).

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