

Fun Fitness Bingo

Backwards Lunges



Climb the Rope



Upwards Punches



Sumo Squats



Frog Jumps



Shoulder Taps



Twist and Jump



Front Kicks



Side Lunges



Marching on the Spot



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 30 seconds.

