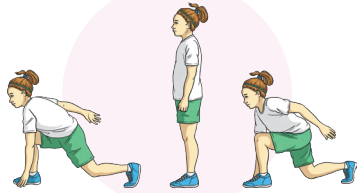
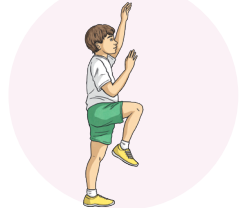


Fun Fitness Bingo

Backwards Lunges



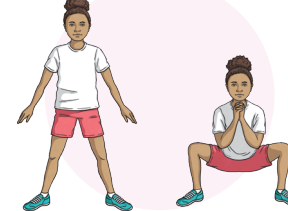
Climb the Rope



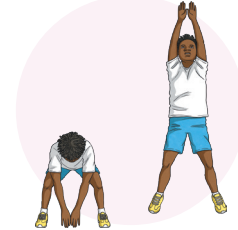
Upwards Punches



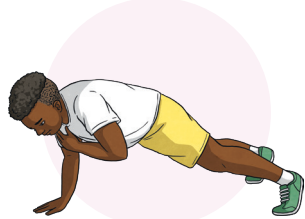
Sumo Squats



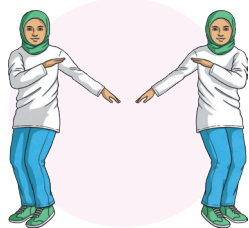
Frog Jumps



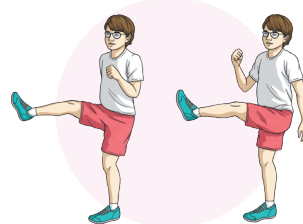
Shoulder Taps



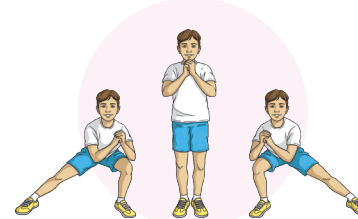
Twist and Jump



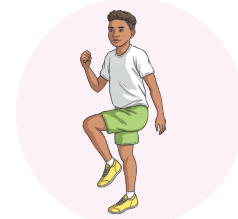
Front Kicks



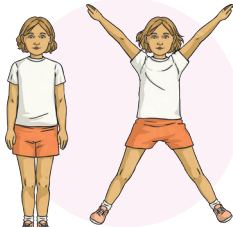
Side Lunges



Marching on the Spot



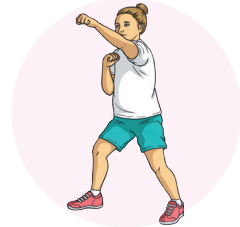
Star Jumps



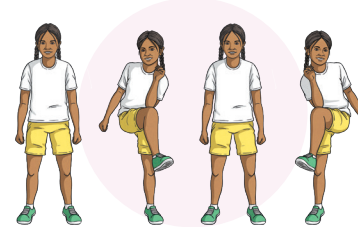
Squats



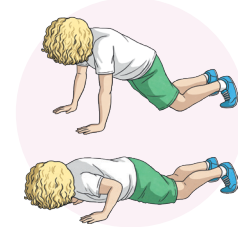
Forward Punches



Elbow to Knee



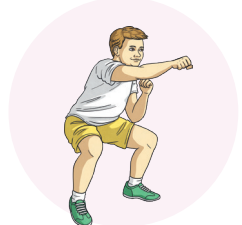
Box Push-Ups



High Knees with Punches



Squat with Punches



Upper Cuts



Mummy Kicks



Running on the Spot



Aim to do each exercise for 20-30 seconds.