How To Play

1. Do the movement shown
2. Pick a spot on your bingo board that matches
3. Mark it off with an X
4. Say BINGO if you get 5 in a row
30 JUMPING JACKS
20 TOE TOUCHES
15 WALL PUSH-UPS
CRAB WALK
RUN IN PLACE FOR 30 SECONDS
HOP ON YOUR LEFT FOOT 10 TIMES
HOP ON YOUR RIGHT FOOT 10 TIMES
15 ARM CIRCLES