Exercise Bingo

- Run
- Toe Touches
- Squats
- Jumping Jacks
- Arm Circles
- Lunges in Place
- Standing Crunches
- Plank
- Quad Stretch
- Chair Dips
- Push-Ups
- Downward Dog
- Random Dance Move
- Bunny Hops
- Calf Raises
- Sit-Ups
- Rear Kicks in Place
- Windmills
- High Knees in Place
- Side Lunges In Place
- Shoulder Rolls
- Single Leg Hops
- Reach For The Sky
- Cat Cow
- Triceps Stretch