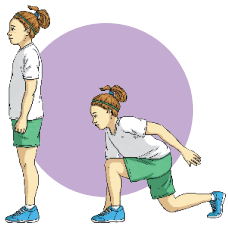


Fun Fitness Multiple Bingo Boards

Backwards Lunges



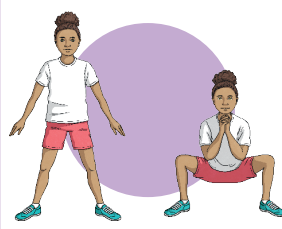
Climb the Rope



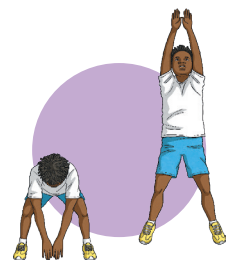
Upward Punches



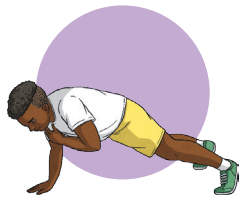
Sumo Squats



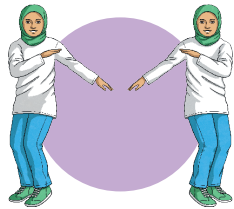
Frog Jumps



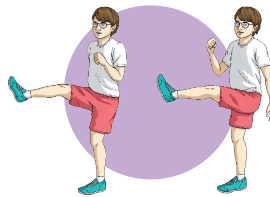
Shoulder Taps



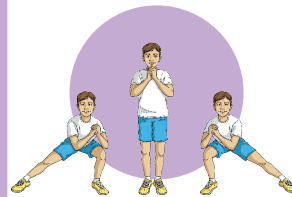
Twist and Jump



Front Kicks



Side Lunges



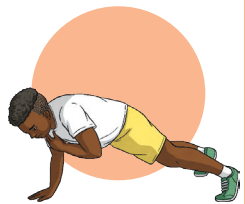
Marching on the Spot



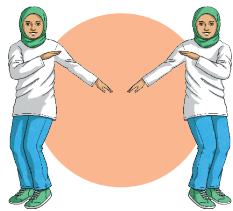
Aim to do each exercise for 20-30 seconds.

Fun Fitness Multiple Bingo Boards

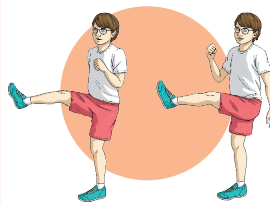
Shoulder Taps



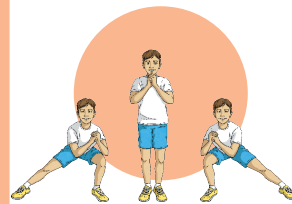
Twist and Jump



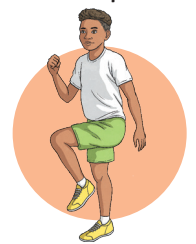
Front Kicks



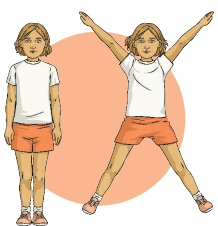
Side Lunges



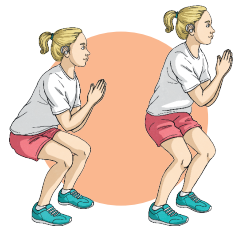
Marching on the Spot



Star Jumps



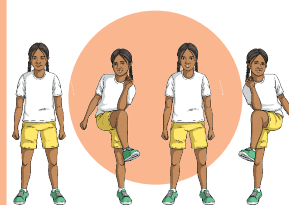
Squats



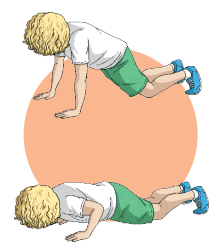
Forward Punches



Elbow to Knee



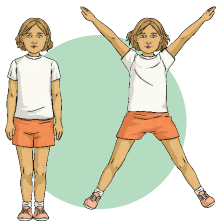
Box Push-Ups



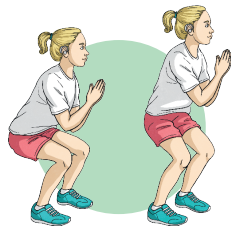
Aim to do each exercise for 20-30 seconds.

Fun Fitness Multiple Bingo Boards

Star Jumps



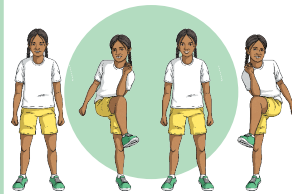
Squats



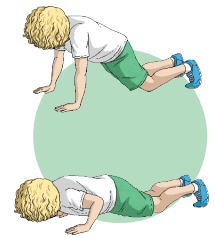
Forward Punches



Elbow to Knee



Box Push-Ups



High Knees with Punches



Squat with Punches



Upper Cuts



Mummy Kicks



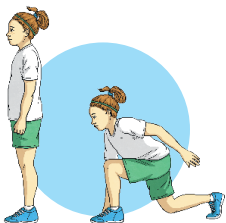
Running on the Spot



Aim to do each exercise for 20-30 seconds.

Fun Fitness Multiple Bingo Boards

Backwards Lunges



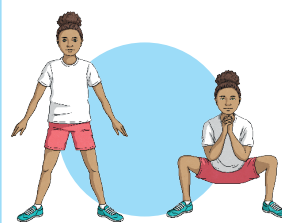
Climb the Rope



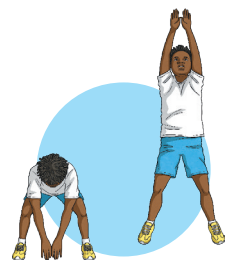
Upward Punches



Sumo Squats



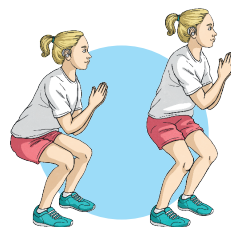
Frog Jumps



Star Jumps



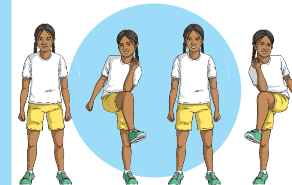
Squats



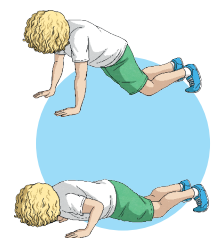
Forward Punches



Elbow to Knee



Box Push-Ups



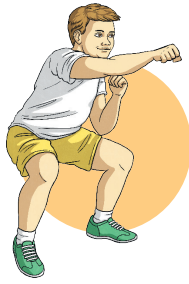
Aim to do each exercise for 20-30 seconds.

Fun Fitness Multiple Bingo Boards

High Knees with Punches



Squat with Punches



Upper Cuts



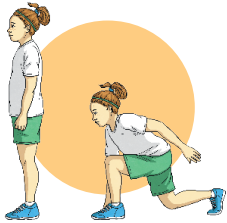
Mummy Kicks



Running on the Spot



Backwards Lunges



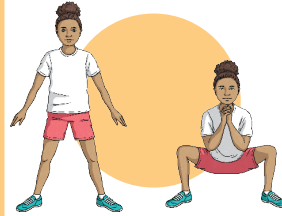
Climb the Rope



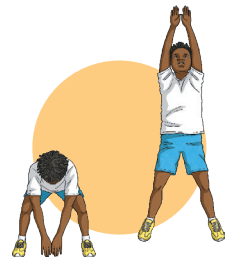
Upward Punches



Sumo Squats



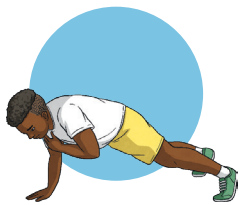
Frog Jumps



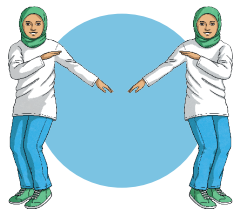
Aim to do each exercise for 20-30 seconds.

Fun Fitness Multiple Bingo Boards

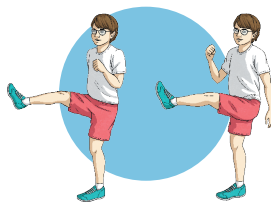
Shoulder Taps



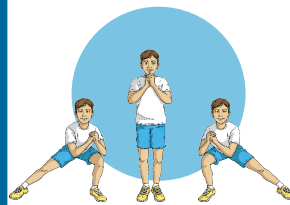
Twist and Jump



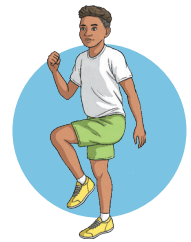
Front Kicks



Side Lunges



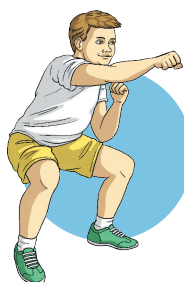
Marching on the Spot



High Knees with Punches



Squat with Punches



Upper Cuts



Mummy Kicks



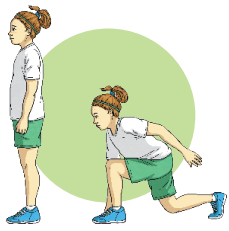
Running on the Spot



Aim to do each exercise for 20-30 seconds.

Fun Fitness Multiple Bingo Boards

Backwards Lunges



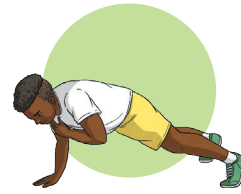
Climb the Rope



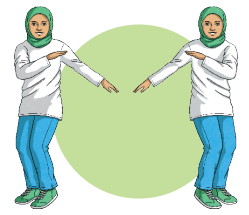
Upward Punches



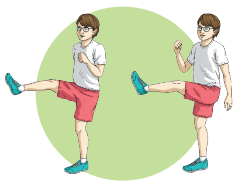
Shoulder Taps



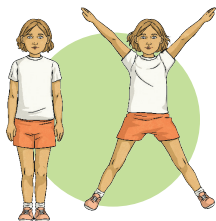
Twist and Jump



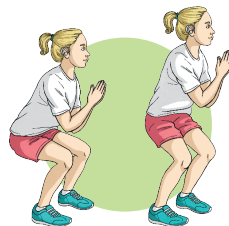
Front Kicks



Star Jumps



Squats



Forward Punches



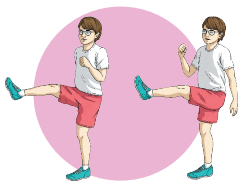
Mummy Kicks



Aim to do each exercise for 20-30 seconds.

Fun Fitness Multiple Bingo Boards

Front Kicks



Side Lunges



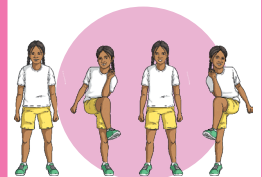
Marching on the Spot



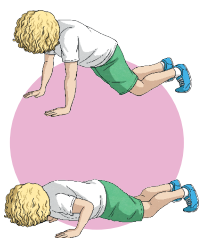
Forward Punches



Elbow to Knee



Box Push-Ups



Upper Cuts



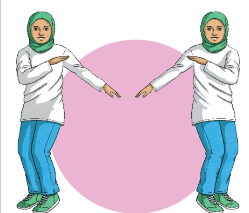
Mummy Kicks



Running on the Spot



Twist and Jump



Aim to do each exercise for 20-30 seconds.