



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FAMILY FITNESS 1.2

FAMILY BINGO (Basic)

B	I	N	G	O
10 Push Ups	30 Crunches	10 Jumping Jacks	15 Upright Rows with Resistance Band	2 Laps Running on Track
Bear Crawl 30 seconds	1 Lap Running on Track	15 Sit Ups	10 Burpees	15 Tricep Dips
15 Crunches on Bosu	15 Walking Lunges	FREE CHOICE	Twisting Crunches, 30 Seconds	20 Jump Squats
Crab Walk 30 Seconds	Stretch for 60 Seconds	20 Squats	Superman, hold for 45 Seconds	15 Push Ups
Plank — How long can you hold? _____ seconds	20 Bicep Curls with Resistance Band	Side Plank, 20 Seconds Each Side	15 Squats on Bosu	Wall Sit, 60 Seconds