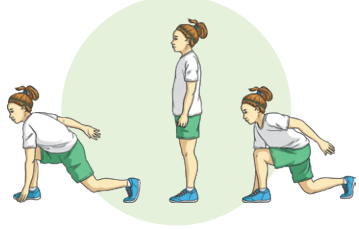
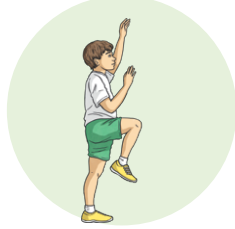


Fun Fitness Bingo

Backwards Lunges



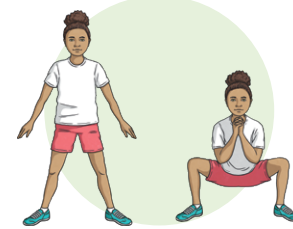
Climb the Rope



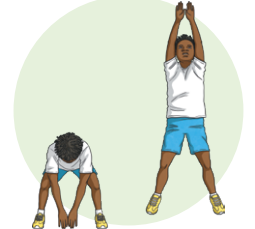
Upwards Punches



Sumo Squats



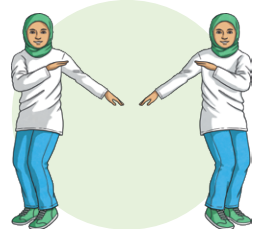
Frog Jumps



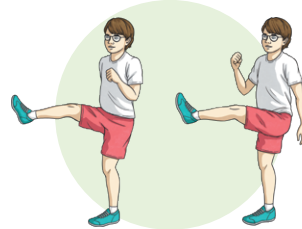
Shoulder Taps



Twist and Jump



Front Kicks



Side Lunges



Marching on the Spot



Star Jumps



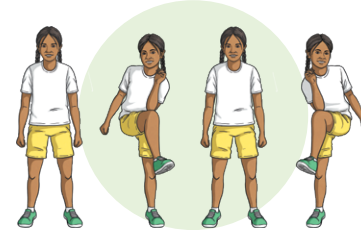
Squats



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 30 seconds.