

Get up and MOVE Bingo

Advanced

20 Pushups	25 Squats	50 Crunches	50 Mountain Climbers	10 Burpees
20 Tricep dips (on couch or chair)	30 Lunges	25 Sit ups	50 Jumping Jacks	10 Point and flex
50 Forward arm circles (can hold small weights or soup cans)	50 Calf raises	45 seconds Plank hold	50 High knees	45 seconds Hold each Split
15 Diamond Push Ups	20 Frog Jumps	20 V- ups	50 Jump Ropes (with or w/o a jump rope)	5 Bridge ups
30 Shoulder taps (in push up hold)	25 Squat Jumps	30 Bicycles	50 1- footed jumps	45 Seconds Hold a pike and straddle