

# Get up and MOVE Bingo

## Team

3x20 Pushups	2x25 Squats	2x100 Crunches	3x50 Mountain Climbers	3x10 Burpees
3x20 Tricep dips (on couch or chair)	2x30 Lunges	3x25 Sit ups	3x50 Jumping Jacks	25 Point and flex
3x50 Forward arm circles  (can hold small weights or soup cans)	3x50 Calf raises	1 min Plank hold 2x	3x50 High knees	Hold each Split for 1 minute
3x15 Diamond Push Ups	2x20 Frog Jumps	3x20 V- ups	2x100 Jump Ropes  (with or w/o a jump rope)	10 second Bridge Stretch  3x
3x30 Shoulder taps  (in push up hold)	2x25 Squat Jumps	3x30 Bicycles	3x50 1- footed jumps  (each foot)	1 minute Handstand hold  (if you can do it safely)