



Physical Activities: Grades 9–12

Fitness Bingo

Please complete this bingo board with a sibling, parent, guardian, or family member! To win, complete 5 exercises. For a bonus, complete all the exercises!

B	I	N	G	O
B: 15 Lunges	I: 20 Vertical Jumps	N: 30 Second Wall Sit	G: 6 Elevator Planks	O: 20 Jumping Jacks
B: 30 Seconds of High Knees	I: 15 Second Plank	N: 20 Shoulder Shrugs	G: 15 Squats	O: 15 Sit ups
B: 15 Mountain Climbers	I: Run Up and Down Stairs 3 times	N: Post a picture of you being active on social media and tag @nwblindathletes	G: Run in Place for 30 seconds	O: 20 side to Side Jumps (Ski Jumps)
B: 30 Second Bicycle Crunches	I: 30 Seconds of Glute Kicks	N: 15 Tuck Jumps	G: 10 Push ups	O: 20 Side Lunges
B: 10 Star Jumps	I: 20 Air Punches	N: 15 Crunches	G: 20 Calf Raises	O: 10 Burpees