



Take Home Activity: Fitness BINGO

Directions: Mark off each BINGO box you complete to make one line across, down, or diagonal. You get to choose what you will do to get your BINGO! This doesn't have to be done all at once - you can break it up throughout the week!

B I N G O

Go on a 10 minute walk	Skip to each room in your house & do 10 jumping jacks when you get there	Grab a family member & challenge them to a race!	Do 5 different stretches - hold each one for 15 seconds	Hold a plank for 45 seconds
Do 20 lunges & 20 side lunges	Hold a Wall Sit for 30 seconds!	Do 20 jump squats!	Do 10 each of these moves: Ice Skaters 180 Degree Jump Scissors Shuffle Taps	Put on one of your favorite songs & dance or move the whole time it's on.
Alternate high knees & butt kicks up & down your hallway 10 times.	Grab weights or 2 canned goods & do 10 each: Bicep Curl Goal Post Lateral Raise	EXERCISE FREE SPACE Drink a glass of water!	Do 20 Mountain Climbers!	Close your eyes and take 3 deep breaths in and out.
Do 10 each of these jumps: Star Jump Tuck Jump Frog Jump Broad Jump	Do 10 Diamond Push-Ups!	Do 15 Supermans!	Hold a plank for 30 seconds	Jog 5 laps around your house or apartment!
Pick your favorite exercise & do 15 of them!	Grab a family member & do 10 different exercises 10 times each.	Grab weights or 2 canned goods & do 10 each: Overhead Press Tricep Extension Front Raise	Do the following exercises for 30 seconds each: Fast Feet Jump Rope Ski Jumps	Do 15 Burpees!

Have questions? Email us: KidsRunRVA@sportsbackers.org

**Check out our library of Exercise GIFS at:
www.sportsbackers.org/program/kids-run-rva/exercise-examples/**