

WTN FAMILY FITNESS BINGO CALL CARDS FOR BOARDS 1-3

<p>B WALL RUN</p>	<p>I INCHWORMS</p>	<p>N SUPERMANS</p>	<p>G JUMPING JACKS</p>	<p>O ARM CIRCLES</p>
<p>B SQUATS</p>	<p>I CALF RAISES W/ARMS OVERHEAD</p>	<p>N MOUNTAIN CLIMBERS</p>	<p>G FORWARD LUNGES</p>	<p>O SIDE PLANKS</p>
<p>B PLANK</p>	<p>I BRIDGES</p>	<p>FREE</p>	<p>G BURPEES</p>	<p>O RUSSIAN TWISTS</p>
<p>B PUSH UPS</p>	<p>I TOE TOUCHES</p>	<p>N LATERAL LUNGES</p>	<p>G TRICEP DIPS</p>	<p>O PLANK JACKS</p>
<p>B TORSO TWISTS</p>	<p>I CROSS COUNTRY SKIERS</p>	<p>N BICYCLES</p>	<p>G FIRE HYDRANTS</p>	<p>O SKATER JUMPS</p>

B CROSS COUNTRY SKIERS	I JUMPING JACKS	N SIDE PLANKS	G INCHWORMS	O PLANK JACKS
B CALF RAISES W/ARMS OVERHEAD	I TRICEP DIPS	N WALL RUN	G RUSSIAN TWISTS	O LATERAL LUNGES
B FIRE HYDRANTS	I MOUNTAIN CLIMBERS	FREE	G SQUATS	O BRIDGES
B SUPERMANS	I PLANK	N TOE TOUCHES	G ARM CIRCLES	O PUSH UPS
B SKATER JUMPS	I FORWARD LUNGES	N TORSO TWISTS	G BICYCLES	O BURPEES

B TORSO TWISTS	I WALL RUN	N PLANK JACKS	G RUSSIAN TWISTS	O FIRE HYDRANTS
B INCHWORMS	I BICYCLES	N SQUATS	G SIDE PLANKS	O PUSH UPS
B LATERAL LUNGES	I FORWARD LUNGES	FREE	G BRIDGES	O ARM CIRCLES
B TOE TOUCHES	I BURPEES	N PLANK	G JUMPING JACKS	O MOUNTAIN CLIMBERS
B TRICEP DIPS	I CALF RAISES W/ARMS OVERHEAD	N SUPERMANS	G SKATER JUMPS	O CROSS COUNTRY SKIERS