

Pup Running Bingo!

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Suicide Run	Jumping Jacks 30	Tricep Dips 20	Arm Circles 20	Side Plank 30 seconds each side
Calf Raises 20	Plank 60 seconds	Lunges 20	Plank Shoulder Taps 20	Plank Jacks 20
Push Ups 15	March in place for 1 minute	Free!	Star Jumps 20	Glute Bridge Lifts 20
Bicycle Crunches 20	Wall Sits 1 minute	Crunches 20	Inch Worm 20	Superman Hold 30 seconds
Burpees 15	Mountain Climbers 30	Squats 20	Flutter Kicks 20	Squat Jumps 20

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Tricep Dips 20	Jumping Jacks 30	Flutter Kicks 20	Squats 20	Inch Worm 20
Plank Jacks 20	Superman Hold 30 seconds	Side Plank 30 seconds each side	Run A Lap	March in place for 1 minute
Push Ups 15	Sprint until whistle, jog back	Free!	Arm Circles 20	Plank Shoulder Taps 20
Bicycle Crunches 20	Glute Bridge Lifts 20	Lunges 20	Wall Sits 1 minute	Side Lunges 20
Star Jumps 20	Plank 60 seconds	Mountain Climbers 30	Squat Jumps 20	Calf Raises 20

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Plank Jacks 20	Burpees 15	Jumping Jacks 30	Lunges 20	Run A Lap
Inch Worm 20	Sprint until whistle, jog back	Flutter Kicks 20	Plank Shoulder Taps 20	Star Jumps 20
Suicide Run	Side Plank 30 seconds each side	Free!	Tree Pose 20 seconds on each leg	Wall Sits 1 minute
Calf Raises 20	Plank 60 seconds	Bicycle Crunches 20	Side Lunges 20	March in place for 1 minute
Superman Hold 30 seconds	Crunches 20	Arm Circles 20	Glute Bridge Lifts 20	Tricep Dips 20

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Bicycle Crunches 20	March in place for 1 minute	Superman Hold 30 seconds	Crunches 20	Flutter Kicks 20
Jumping Jacks 30	Run A Lap	Sprint until whistle, jog back	Squats 20	Suicide Run
Wall Sits 1 minute	Tree Pose 20 seconds on each leg	Free!	Lunges 20	Plank Shoulder Taps 20
Push Ups 15	Squat Jumps 20	High Knees 20	Side Lunges 20	Star Jumps 20
Burpees 15	Glute Bridge Lifts 20	Plank Jacks 20	Calf Raises 20	Arm Circles 20

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Mountain Climbers 30	Burpees 15	Side Plank 30 seconds each side	Plank Shoulder Taps 20	Wall Sits 1 minute
Superman Hold 30 seconds	Tricep Dips 20	Sprint until whistle, jog back	Side Lunges 20	Tree Pose 20 seconds on each leg
Crunches 20	Squats 20	Free!	Jumping Jacks 30	Plank 60 seconds
Push Ups 15	March in place for 1 minute	Lunges 20	Run A Lap	Inch Worm 20
Plank Jacks 20	Flutter Kicks 20	Squat Jumps 20	Arm Circles 20	Suicide Run

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Tree Pose 20 seconds on each leg	High Knees 20	Plank Shoulder Taps 20	Tricep Dips 20	March in place for 1 minute
Arm Circles 20	Squats 20	Wall Sits 1 minute	Glute Bridge Lifts 20	Bicycle Crunches 20
Star Jumps 20	Suicide Run	Free!	Crunches 20	Jumping Jacks 30
Burpees 15	Side Lunges 20	Flutter Kicks 20	Side Plank 30 seconds each side	Squat Jumps 20
Run A Lap	Lunges 20	Superman Hold 30 seconds	Plank Jacks 20	Push Ups 15

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Squat Jumps 20	Superman Hold 30 seconds	Flutter Kicks 20	Side Plank 30 seconds each side	Wall Sits 1 minute
Plank 60 seconds	Crunches 20	Push Ups 15	Tricep Dips 20	Suicide Run
Plank Jacks 20	Squats 20	Free!	Tree Pose 20 seconds on each leg	High Knees 20
Sprint until whistle, jog back	Burpees 15	Star Jumps 20	Jumping Jacks 30	Bicycle Crunches 20
Run A Lap	Calf Raises 20	Lunges 20	Mountain Climbers 30	March in place for 1 minute

Use this randomly generated list as your call list when playing the game. There is no need to say the BINGO column name. Cross out each word as you announce it, to keep track. You can also cut out each item, place them in a bag and pull words from the bag.

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|------------------------------------|------------------------------|--------------------------------------|
| 1. Plank Jacks 20 | 2. Squats 20 | 3. Wall Sits 1 minute |
| 4. Inch Worm 20 | 5. Arm Circles 20 | 6. Tricep Dips 20 |
| 7. Jumping Jacks 30 | 8. Mountain Climbers 30 | 9. Squat Jumps 20 |
| 10. Bicycle Crunches 20 | 11. Superman Hold 30 seconds | 12. Suicide Run |
| 13. Plank Shoulder Taps 20 | 14. Run A Lap | 15. Burpees 15 |
| 16. Crunches 20 | 17. Calf Raises 20 | 18. Glute Bridge Lifts 20 |
| 19. High Knees 20 | 20. Flutter Kicks 20 | 21. Tree Pose 20 seconds on each leg |
| 22. Star Jumps 20 | 23. Plank 60 seconds | 24. Side Plank 30 seconds each side |
| 25. Sprint until whistle, jog back | 26. Lunges 20 | 27. March in place for 1 minute |
| 28. Side Lunges 20 | 29. Push Ups 15 | |

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