



# Active Academy

FITNESS FOR ALL

## EXERCISE BINGO

**20  
JUMPING  
JACKS**

**10  
SQUATS**

**10  
BURPEES**

**20  
MOUNTAIN  
CLIMBERS**

**DANCE TO  
YOUR  
FAV  
SONG**

**20  
HIGH  
KNEES**

**20  
BUM  
KICKS**

**RUN FOR  
2 MINS**

**10  
STAND UP  
SIT DOWN**

**10  
FROG  
JUMPS**

**10  
PRESS  
UPS**

**1 MIN  
BEAR  
CRAWL**

**10  
SIT UPS**

**20  
HOPS  
EACH  
LEG**

**20  
SIDE  
JUMPS**

**10  
STAR  
JUMPS**