

Fitness

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Print off your bingo cards and start playing! If you can't get to a printer you can also play online - share this link with your friends: mfbc.us/m/je633 and they can play on their mobiles or tablets.

On the next page is a sheet for the bingo caller that contains of all the words that appear on the cards.

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To add more words or make changes to this set of bingo cards go to mfbc.us/e/je633

Go to myfreebingocards.com/bingo-card-generator to create a new set of bingo cards.

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Have Fun!

If you have any feedback or suggestions, drop us an email on hello@myfreebingocards.com.

Bingo Caller's Card

25 Air Squats	20 Air Squats	15 Air Squats	10 Air Squats	15 Push Ups	10 Push Ups
5 Push Ups	25 Lunges	20 Lunges	15 Lunges	10 Lunges	20 Second Plank
15 Second Plank	10 Second Plank	30 Jumping Jacks	20 Jumping Jacks	15 Jumping Jacks	10 Jumping Jacks
30 Mountain Climbers	20 Mountain Climbers	15 Mountain Climbers	10 Mountain Climbers	30 Crunches	20 Crunches
15 Crunches	10 Crunches	20 Sit Ups	15 Sit Ups	10 Sit Ups	5 Sit Ups

Fitness

15 Crunches	20 Second Plank	20 Air Squats	15 Sit Ups	10 Push Ups
15 Mountain Climbers	10 Second Plank	15 Push Ups	10 Crunches	5 Sit Ups
10 Mountain Climbers	20 Mountain Climbers	FREE SPACE	30 Mountain Climbers	25 Lunges
30 Jumping Jacks	10 Sit Ups	15 Second Plank	5 Push Ups	15 Lunges
20 Sit Ups	25 Air Squats	15 Air Squats	10 Lunges	15 Jumping Jacks

Fitness

20 Jumping Jacks	10 Jumping Jacks	30 Jumping Jacks	15 Mountain Climbers	10 Push Ups
15 Sit Ups	30 Mountain Climbers	15 Jumping Jacks	20 Lunges	20 Air Squats
15 Second Plank	5 Sit Ups	FREE SPACE	20 Mountain Climbers	10 Mountain Climbers
5 Push Ups	10 Crunches	10 Second Plank	20 Sit Ups	25 Air Squats
15 Air Squats	15 Lunges	30 Crunches	25 Lunges	10 Air Squats

Fitness

20 Lunges	15 Push Ups	30 Crunches	20 Air Squats	20 Jumping Jacks
15 Air Squats	15 Jumping Jacks	10 Second Plank	30 Mountain Climbers	20 Crunches
20 Mountain Climbers	10 Push Ups	FREE SPACE	25 Air Squats	5 Sit Ups
30 Jumping Jacks	5 Push Ups	10 Lunges	15 Crunches	15 Lunges
10 Crunches	10 Mountain Climbers	10 Jumping Jacks	20 Sit Ups	10 Air Squats

Fitness

20 Lunges	5 Push Ups	20 Crunches	15 Second Plank	5 Sit Ups
15 Crunches	30 Mountain Climbers	15 Lunges	30 Jumping Jacks	30 Crunches
20 Second Plank	10 Push Ups	FREE SPACE	25 Lunges	15 Push Ups
10 Second Plank	10 Jumping Jacks	20 Sit Ups	10 Crunches	20 Jumping Jacks
10 Sit Ups	20 Air Squats	10 Air Squats	20 Mountain Climbers	15 Air Squats

Fitness

20 Sit Ups	5 Push Ups	15 Mountain Climbers	20 Mountain Climbers	30 Mountain Climbers
10 Mountain Climbers	15 Push Ups	30 Crunches	10 Crunches	15 Second Plank
15 Sit Ups	25 Air Squats	FREE SPACE	20 Lunges	20 Crunches
25 Lunges	10 Second Plank	20 Jumping Jacks	5 Sit Ups	30 Jumping Jacks
10 Lunges	20 Second Plank	15 Crunches	15 Air Squats	10 Push Ups

Fitness

20 Sit Ups	10 Mountain Climbers	15 Mountain Climbers	10 Air Squats	10 Second Plank
30 Mountain Climbers	5 Sit Ups	20 Lunges	15 Air Squats	10 Crunches
20 Second Plank	20 Air Squats	FREE SPACE	25 Lunges	10 Jumping Jacks
25 Air Squats	15 Lunges	15 Jumping Jacks	10 Push Ups	10 Lunges
15 Second Plank	15 Crunches	5 Push Ups	30 Jumping Jacks	20 Jumping Jacks

Fitness

15 Mountain Climbers	10 Jumping Jacks	5 Push Ups	20 Jumping Jacks	10 Lunges
10 Push Ups	25 Lunges	5 Sit Ups	10 Second Plank	20 Air Squats
15 Push Ups	20 Lunges	FREE SPACE	15 Second Plank	10 Air Squats
15 Lunges	20 Crunches	30 Mountain Climbers	15 Sit Ups	30 Crunches
15 Air Squats	20 Mountain Climbers	20 Sit Ups	25 Air Squats	15 Jumping Jacks

Fitness

10 Lunges	25 Air Squats	15 Sit Ups	20 Mountain Climbers	5 Push Ups
25 Lunges	5 Sit Ups	10 Sit Ups	20 Air Squats	20 Lunges
30 Jumping Jacks	10 Push Ups	FREE SPACE	15 Lunges	15 Jumping Jacks
15 Second Plank	10 Crunches	20 Crunches	10 Second Plank	30 Crunches
15 Mountain Climbers	15 Crunches	15 Push Ups	10 Air Squats	20 Sit Ups

Fitness

20 Jumping Jacks	25 Air Squats	15 Air Squats	15 Jumping Jacks	10 Air Squats
10 Lunges	20 Sit Ups	10 Crunches	30 Mountain Climbers	15 Mountain Climbers
30 Crunches	10 Mountain Climbers	FREE SPACE	20 Crunches	20 Lunges
5 Push Ups	15 Second Plank	30 Jumping Jacks	25 Lunges	10 Second Plank
10 Push Ups	10 Jumping Jacks	20 Second Plank	15 Sit Ups	5 Sit Ups

Fitness

15 Air Squats	30 Crunches	15 Push Ups	15 Crunches	10 Crunches
20 Mountain Climbers	30 Mountain Climbers	10 Push Ups	10 Mountain Climbers	15 Lunges
15 Mountain Climbers	15 Second Plank	FREE SPACE	20 Crunches	20 Jumping Jacks
10 Second Plank	30 Jumping Jacks	25 Air Squats	20 Air Squats	10 Sit Ups
20 Second Plank	5 Sit Ups	15 Sit Ups	10 Lunges	15 Jumping Jacks

Fitness

20 Sit Ups	15 Sit Ups	20 Mountain Climbers	10 Jumping Jacks	10 Lunges
5 Push Ups	30 Crunches	20 Air Squats	10 Sit Ups	10 Second Plank
10 Crunches	30 Mountain Climbers	FREE SPACE	30 Jumping Jacks	10 Air Squats
15 Push Ups	25 Lunges	20 Jumping Jacks	20 Lunges	15 Crunches
15 Mountain Climbers	15 Lunges	25 Air Squats	20 Second Plank	10 Mountain Climbers

Fitness

10 Jumping Jacks	20 Second Plank	10 Crunches	20 Jumping Jacks	10 Push Ups
15 Second Plank	5 Push Ups	15 Air Squats	5 Sit Ups	10 Sit Ups
20 Lunges	15 Mountain Climbers	FREE SPACE	15 Push Ups	25 Lunges
25 Air Squats	15 Sit Ups	15 Lunges	20 Air Squats	20 Crunches
20 Mountain Climbers	10 Lunges	30 Crunches	20 Sit Ups	10 Air Squats

Fitness

20 Air Squats	10 Sit Ups	15 Second Plank	10 Jumping Jacks	10 Second Plank
15 Crunches	15 Push Ups	30 Mountain Climbers	15 Jumping Jacks	20 Second Plank
10 Push Ups	15 Lunges	FREE SPACE	20 Lunges	10 Crunches
25 Lunges	25 Air Squats	15 Mountain Climbers	5 Push Ups	20 Jumping Jacks
20 Sit Ups	30 Jumping Jacks	15 Air Squats	10 Lunges	10 Air Squats

Fitness

20 Lunges	15 Air Squats	10 Mountain Climbers	15 Push Ups	15 Crunches
25 Lunges	10 Lunges	10 Push Ups	25 Air Squats	30 Crunches
15 Second Plank	20 Air Squats	FREE SPACE	20 Mountain Climbers	20 Jumping Jacks
10 Second Plank	10 Sit Ups	10 Air Squats	15 Sit Ups	10 Crunches
20 Sit Ups	15 Jumping Jacks	10 Jumping Jacks	15 Mountain Climbers	15 Lunges

Fitness

15 Crunches	10 Mountain Climbers	25 Lunges	5 Push Ups	15 Lunges
10 Lunges	20 Lunges	15 Push Ups	15 Second Plank	20 Crunches
15 Jumping Jacks	10 Second Plank	FREE SPACE	20 Second Plank	30 Jumping Jacks
10 Air Squats	15 Mountain Climbers	20 Air Squats	15 Sit Ups	10 Crunches
20 Sit Ups	20 Mountain Climbers	10 Push Ups	20 Jumping Jacks	25 Air Squats

Fitness

10 Sit Ups	15 Air Squats	15 Mountain Climbers	10 Jumping Jacks	20 Crunches
20 Air Squats	20 Sit Ups	15 Push Ups	10 Crunches	5 Push Ups
10 Push Ups	15 Second Plank	FREE SPACE	30 Mountain Climbers	10 Mountain Climbers
20 Mountain Climbers	25 Lunges	15 Jumping Jacks	20 Lunges	20 Jumping Jacks
5 Sit Ups	10 Second Plank	25 Air Squats	10 Air Squats	20 Second Plank

Fitness

10 Crunches	15 Lunges	15 Second Plank	10 Second Plank	25 Air Squats
30 Crunches	20 Sit Ups	20 Second Plank	5 Sit Ups	5 Push Ups
20 Lunges	30 Jumping Jacks	FREE SPACE	25 Lunges	15 Push Ups
20 Crunches	10 Air Squats	15 Sit Ups	15 Mountain Climbers	20 Air Squats
20 Jumping Jacks	15 Crunches	15 Jumping Jacks	30 Mountain Climbers	20 Mountain Climbers

Fitness

15 Second Plank	15 Mountain Climbers	25 Air Squats	25 Lunges	10 Mountain Climbers
10 Push Ups	10 Jumping Jacks	10 Sit Ups	20 Mountain Climbers	15 Air Squats
15 Crunches	15 Push Ups	FREE SPACE	10 Air Squats	15 Jumping Jacks
5 Push Ups	15 Lunges	20 Air Squats	30 Jumping Jacks	30 Crunches
10 Lunges	15 Sit Ups	20 Second Plank	20 Crunches	20 Sit Ups

Fitness

15 Lunges	10 Jumping Jacks	10 Air Squats	20 Lunges	10 Mountain Climbers
15 Push Ups	20 Jumping Jacks	15 Second Plank	15 Sit Ups	20 Crunches
20 Sit Ups	15 Mountain Climbers	FREE SPACE	15 Crunches	15 Air Squats
15 Jumping Jacks	20 Mountain Climbers	10 Second Plank	30 Crunches	30 Jumping Jacks
10 Sit Ups	30 Mountain Climbers	10 Push Ups	10 Lunges	25 Air Squats

Fitness

30 Crunches	10 Second Plank	15 Jumping Jacks	25 Lunges	15 Crunches
15 Lunges	10 Lunges	15 Air Squats	10 Mountain Climbers	5 Push Ups
15 Push Ups	15 Sit Ups	FREE SPACE	20 Crunches	25 Air Squats
30 Jumping Jacks	20 Jumping Jacks	10 Push Ups	20 Air Squats	20 Mountain Climbers
10 Sit Ups	10 Crunches	20 Lunges	10 Air Squats	15 Mountain Climbers

Fitness

5 Sit Ups	10 Second Plank	20 Mountain Climbers	15 Push Ups	15 Second Plank
20 Air Squats	10 Air Squats	10 Sit Ups	30 Mountain Climbers	15 Sit Ups
10 Jumping Jacks	15 Mountain Climbers	FREE SPACE	25 Lunges	30 Jumping Jacks
20 Second Plank	20 Lunges	15 Lunges	15 Jumping Jacks	15 Air Squats
10 Lunges	20 Sit Ups	25 Air Squats	20 Crunches	10 Crunches

Fitness

20 Mountain Climbers	5 Push Ups	15 Sit Ups	15 Second Plank	10 Sit Ups
20 Jumping Jacks	20 Crunches	15 Mountain Climbers	20 Sit Ups	10 Crunches
30 Jumping Jacks	10 Mountain Climbers	FREE SPACE	30 Crunches	10 Push Ups
10 Lunges	15 Crunches	25 Lunges	30 Mountain Climbers	25 Air Squats
20 Air Squats	10 Air Squats	20 Lunges	5 Sit Ups	15 Push Ups

Fitness

15 Lunges	10 Air Squats	10 Mountain Climbers	15 Crunches	15 Mountain Climbers
15 Sit Ups	20 Air Squats	10 Jumping Jacks	15 Air Squats	10 Crunches
25 Air Squats	20 Lunges	FREE SPACE	20 Jumping Jacks	20 Second Plank
15 Jumping Jacks	30 Crunches	10 Lunges	15 Push Ups	30 Mountain Climbers
5 Push Ups	5 Sit Ups	20 Mountain Climbers	30 Jumping Jacks	20 Sit Ups

Fitness

15 Jumping Jacks	15 Crunches	10 Air Squats	20 Air Squats	30 Jumping Jacks
10 Lunges	20 Mountain Climbers	25 Air Squats	20 Crunches	20 Sit Ups
20 Lunges	15 Air Squats	FREE SPACE	5 Sit Ups	15 Lunges
5 Push Ups	10 Second Plank	10 Sit Ups	15 Push Ups	30 Crunches
25 Lunges	20 Second Plank	15 Sit Ups	30 Mountain Climbers	15 Second Plank

Fitness

20 Second Plank	20 Crunches	10 Second Plank	10 Jumping Jacks	5 Sit Ups
15 Jumping Jacks	30 Jumping Jacks	15 Second Plank	15 Sit Ups	15 Mountain Climbers
25 Lunges	20 Sit Ups	FREE SPACE	10 Mountain Climbers	15 Push Ups
10 Sit Ups	15 Lunges	20 Air Squats	15 Air Squats	10 Air Squats
10 Lunges	30 Crunches	15 Crunches	10 Push Ups	30 Mountain Climbers

Fitness

20 Crunches	15 Push Ups	30 Jumping Jacks	20 Sit Ups	10 Mountain Climbers
5 Push Ups	10 Lunges	15 Air Squats	15 Lunges	10 Air Squats
15 Crunches	30 Mountain Climbers	FREE SPACE	25 Air Squats	30 Crunches
5 Sit Ups	15 Jumping Jacks	15 Second Plank	10 Jumping Jacks	20 Mountain Climbers
20 Lunges	20 Second Plank	25 Lunges	20 Jumping Jacks	10 Push Ups

Fitness

10 Air Squats	10 Sit Ups	15 Crunches	10 Second Plank	20 Lunges
10 Crunches	25 Air Squats	15 Lunges	20 Mountain Climbers	15 Jumping Jacks
30 Crunches	10 Mountain Climbers	FREE SPACE	20 Air Squats	5 Sit Ups
15 Mountain Climbers	10 Lunges	20 Crunches	20 Second Plank	15 Sit Ups
15 Push Ups	25 Lunges	15 Second Plank	20 Jumping Jacks	30 Mountain Climbers

Fitness

15 Mountain Climbers	25 Air Squats	10 Sit Ups	5 Sit Ups	30 Jumping Jacks
20 Sit Ups	15 Push Ups	5 Push Ups	25 Lunges	20 Mountain Climbers
10 Crunches	10 Air Squats	FREE SPACE	20 Second Plank	30 Mountain Climbers
10 Mountain Climbers	20 Crunches	15 Lunges	10 Lunges	20 Jumping Jacks
15 Air Squats	30 Crunches	15 Second Plank	15 Sit Ups	15 Jumping Jacks

Fitness

25 Air Squats	20 Jumping Jacks	15 Jumping Jacks	20 Air Squats	30 Jumping Jacks
10 Second Plank	5 Sit Ups	30 Crunches	20 Sit Ups	20 Second Plank
20 Mountain Climbers	10 Air Squats	FREE SPACE	30 Mountain Climbers	15 Second Plank
20 Crunches	20 Lunges	10 Lunges	10 Jumping Jacks	15 Crunches
15 Air Squats	10 Mountain Climbers	10 Sit Ups	15 Push Ups	10 Push Ups

Fitness

5 Sit Ups	15 Jumping Jacks	10 Jumping Jacks	30 Crunches	30 Jumping Jacks
20 Second Plank	5 Push Ups	10 Air Squats	10 Sit Ups	10 Mountain Climbers
10 Crunches	15 Lunges	FREE SPACE	10 Lunges	15 Air Squats
15 Push Ups	30 Mountain Climbers	15 Second Plank	25 Lunges	20 Sit Ups
10 Second Plank	20 Lunges	20 Crunches	20 Mountain Climbers	25 Air Squats