

# LAKETOWN BINGO!

Play along & mark off everything you're able to complete!  
Can you cross off each square?

5 PUSH UPS	TWO MINUTE WALL SIT	GIRAFFE POSE	15 RIGHT ARM CIRCLES	10 LEG LIFTS
YOUR CHOICE!	7 BURPEES	10 SECOND TABLETOP / BRIDGE	10 SECOND PLANK	BEAR WALK
WALK BACKWARD ON TIP TOES	20 DONKEY KICKS	15 TUCK JUMPS	SKIP	5 FROG JUMPS
10 HOPS LEFT FOOT	25 JUMPING JACKS	CRAB WALK	WALK FORWARD ON TIP TOES	TREE POSE
15 LEFT ARM CIRCLES	TREE FROG POSE	YOUR CHOICE!	20 SKI JUMPS	10 HOPS RIGHT FOOT

Visit [www.laketowngym.org/keepingactive](http://www.laketowngym.org/keepingactive) for more fun ideas  
{and explanations on some of the activities!}