

# B I N G O

<b>Combo</b> 10 jumping jacks 10 high knees 10 butt kicks *repeat 3 times	<b>Yoga</b> <a href="https://www.youtube.com/watch?v=9XBnftTBmAk">https://www.youtube.com/watch?v=9XBnftTBmAk</a>	<b>Plank TicTacToe</b> <a href="https://youtu.be/DAMMNUztXwc">https://youtu.be/DAMMNUztXwc</a>	<b>Flip It</b> <a href="https://bit.ly/flipitchallenge">https://bit.ly/flipitchallenge</a>	<b>Create obstacle course</b> <a href="https://bit.ly/2UIzm2g">https://bit.ly/2UIzm2g</a>
<b>Dice is Right</b> <a href="https://bit.ly/2xtPCLA">https://bit.ly/2xtPCLA</a>	<b>Go for a walk, run, bike or scooter ride outside with your family!</b>	<b>Yoga</b> <a href="https://www.youtube.com/watch?v=9XBnftTBmAk">https://www.youtube.com/watch?v=9XBnftTBmAk</a>	<b>Sock and sit</b> <a href="https://www.youtube.com/watch?time_continue=45&amp;v=rNynHptldos&amp;feature=emb_logo">https://www.youtube.com/watch?time_continue=45&amp;v=rNynHptldos&amp;feature=emb_logo</a>	<b>Uno Fitness</b> (see below)
<b>Create obstacle course</b> <a href="https://bit.ly/2UIzm2g">https://bit.ly/2UIzm2g</a>	<b>Combo</b> 10 push-ups 10 forward lunges 10 mountain climbers *repeat 3 times	<b>FREE</b>	<b>Dice is Right</b> <a href="https://bit.ly/2xtPCLA">https://bit.ly/2xtPCLA</a>	<b>Yoga</b> <a href="https://www.youtube.com/watch?v=9XBnftTBmAk">https://www.youtube.com/watch?v=9XBnftTBmAk</a>
<b>Up Up Up</b> <a href="https://www.youtube.com/watch?v=h97QblgvNYc&amp;feature=youtu.be">https://www.youtube.com/watch?v=h97QblgvNYc&amp;feature=youtu.be</a>	<b>Create obstacle course</b> <a href="https://bit.ly/2UIzm2g">https://bit.ly/2UIzm2g</a>	<b>Flip and Catch</b> <a href="https://www.youtube.com/watch?time_continue=79&amp;v=yR6LGQ5rLQ&amp;feature=emb_logo">https://www.youtube.com/watch?time_continue=79&amp;v=yR6LGQ5rLQ&amp;feature=emb_logo</a>	<b>Uno Fitness</b> (see below)	<b>Go for a walk, run, bike or scooter ride outside with your family!</b>
<b>Flip and Catch</b> <a href="https://www.youtube.com/watch?time_continue=79&amp;v=yR6LGQ5rLQ&amp;feature=emb_logo">https://www.youtube.com/watch?time_continue=79&amp;v=yR6LGQ5rLQ&amp;feature=emb_logo</a>	<b>Dice is Right</b> <a href="https://bit.ly/2xtPCLA">https://bit.ly/2xtPCLA</a>	<b>Go for a walk, run, bike or scooter ride outside with your family!</b>	<b>Combo</b> 10 burpees Hold a 30-second plank 10 squats *repeat 3 times	<b>Plank TicTacToe</b> <a href="https://youtu.be/DAMMNUztXwc">https://youtu.be/DAMMNUztXwc</a>

**Your goal this week is to get a BINGO by doing some of the activities above. You cross out one box every time you do one activity. Good luck, stay safe, and have FUN!**

# UNO HOME FITNESS!

## EQUIPMENT

Deck of UNO Cards

## OBJECTIVE

Collect as many cards as possible in a set time period

## RULES

1. Play by yourself or with as many people that want to participate.
2. Keep the cards in a pile.
3. The first person takes a card and does the exercise and the number of repetitions (example: a yellow 5= 5 jumping jacks).
4. The next player immediately takes a card and does the exercise.
5. Once a player is finished they may grab another card.
6. Play continues until all the cards are gone or time is up (5-10 minutes).
7. Whoever Has the most cards wins!!!

## CARDS



JUMPING JACKS



TAKE 2 CARDS AND DO THE EXERCISES



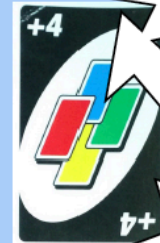
JUMP TWISTS



TAKE 4 CARDS AND DO THE EXERCISES



SIDE HOPS



JOG BACKWARDS AROUND THE ROOM



BURPEES



5 PUSH-UPS



SKIP AROUND THE ROOM

