

OLYMPIC ALPHABET FITNESS BINGO!

SPRINT	HOCKEY	OLYMPICS	EQUESTRIAN	JAVELIN
SILVER	BRONZE	BOXING	DIVING	X-COUNTRY
LONG JUMP	INTEGRITY	UNITY	GOLD	CYCLING
CEREMONY	PODIUM	ROWING	PARALYMPICS	TEAM GB
SPIRIT	TOKYO	PERSEVERE	FENCING	MEDALS

Challenge: How many squares can you complete in 20 minutes?

1. Each person chooses a word at a time from the Bingo card above.
2. Match each letter of the word to the "Alphabet Fitness Key" to decipher your workout.
3. Complete the exercises associated with each letter.
4. The person with the most words completed by the end of the 20 minute time wins the game of BINGO!

*Can you complete this game in pairs? Take it in turns to choose a word!

A = 40 Jumping Jacks

B = 20 Crunches

C = 30 Squats

D = 10 Press ups

E = 20 Mountain Climbers

F = 10 Burpees

G = 10 Arm Circles

H = 20 Squats

I = 30 Jumping Jacks

J = 30 High Knees

K = 10 Sit Ups

L = 10 Burpees

M = 20 Burpees

N = 20 Second plank

O = 40 Star Jumps

P = 15 Arm circles

Q = 30 Crunches

R = 15 Press ups

S = 15 Mountain Climbers

T = 30 High Knees

U = 15 Squats

V = 15 Burpees

W = 30 Lunges

X = 15 Sit Ups

Y = 10 Press Ups

Z = 20 Plank shoulder taps

Example:

G = 10 Arm circles

O = 40 Star Jumps

L = 10 Burpees

D = 10 Press Ups