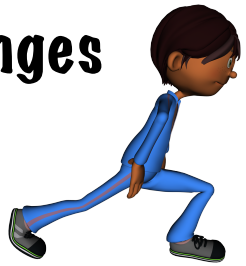
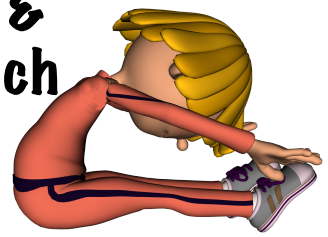
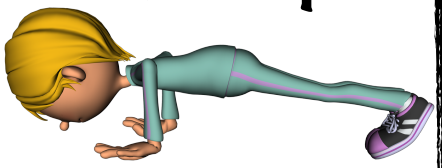
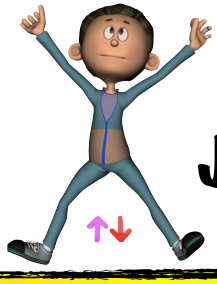
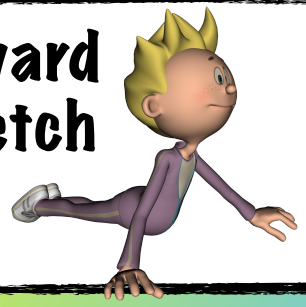
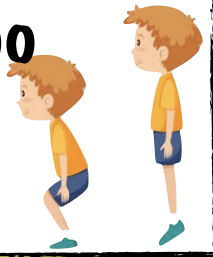
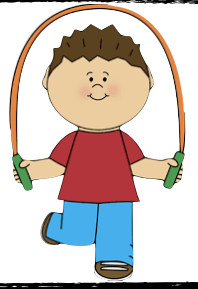
fitness bingo

Situps	Lunges 	Plank	Sit & Reach 
Pushups 	Squats	 Star Jumps	Upward Stretch 
Crab Pushups	Run on the Spot	Kangaroo Jumps 	Skip 
Front Kicks	Scissor Kicks	One Leg Balance	Hop On One Leg

Mr Bucks Phys Ed