



DRAGON DASH 2020 FITNESS BINGO

Complete any 5 activities in a row to earn a bingo. Each activity should be done for about 5 minutes.

<p>Jumping Jacks while saying ABCs</p>	<p>Toe Touches</p>	<p>Sit Ups</p>	<p>Lunges</p>	<p>Push Ups</p>
<p>Run in Place</p>	<p>Arm Circles</p>	<p>Mountain Climbers</p>	<p>Plank Hold</p>	<p>Squats</p>
<p>Calf Raises</p>	<p>Flutter Kicks</p>	<p>CHOOSE YOUR OWN ACTIVITY</p>	<p>Go for a Run</p>	<p>Go on a Walk</p>
<p>Ride Your Bike</p>	<p>Play Catch</p>	<p>Dance to Music</p>	<p>Skip</p>	<p>Frog Jumps</p>
<p>Cross Jacks</p>	<p>Yoga Tree Pose</p>	<p>Ride Your Scooter</p>	<p>Play Hopscotch</p>	<p>Stretching</p>