

ROVER BINGO

R O V E R

1	Sit-Ups	Reverse Arm Circles	Vertical Scissors	Forward Arm Circles	Lunges
2	Frog Hop	Push-Up	Bunny Hop	Mountain Jacks	Right Leg Hop
3	Tuck Jump	Ohno	Squats	Horizontal Scissors	Reverse Crab
4	Left Leg Hop	Bear Crawl	Front Crab	Mountain Climbers	Donkey Kick
5	Crunches	Inch Worm	Row Boats	Air Chair	Burpees