



# NINJA BINGO

## Fitness Challenge

The name of the game is BINGO! You must get five in a row. Up and down, across, or diagonal. Pick which challenges in a row you want to complete today and get to work! Complete five fitness challenges in a row by the end of the day!  
**Are you NINJA enough to accept this challenge?**



Hunt's  
Gymnastics  
Academy

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|--|--|--|---|--|
| <i>Do 10 push-ups every hour until bed time!</i>           | <i>10 jump 360s<br/>10 Jump kicks</i>                                    | <i>Do 20 burpees</i>                           | <i>Do 20 minutes of yoga</i>                      | <i>Do 30 jumping jacks</i>                               |
| <i>Hold a 1 minute wall sit 3 times.</i>                   | <i>Get a family member to try your fitness BINGO challenge with you.</i> | <i>Practice kick Combos for 10 minutes</i>     | <i>Do 20 burpees</i>                              | <i>Practice carts<br/>(parent supervision)</i>           |
| <i>Hold a 30 second plank hold 3 times.</i>                | <i>30 jumping jacks</i>  | <i>20 jump squats</i>                          | <i>Run in place for 1 minutes, 3 times today.</i> | <i>Practice handstands 3 times. (parent supervision)</i> |
| <i>Practice ninja shoulder rolls! (parent supervision)</i> | <i>Practice jump kicks for 10 minutes</i>                                | <i>Work on bridges (parent supervision)</i>    | <i>10 minutes of stretching</i>                   | <i>Condition with a family member or pet!</i>            |
| <i>20 shoulder taps</i>                                    | <i>Do 20 minutes of yoga stretches</i>                                   | <i>Do 10 push-ups every hour until bedtime</i> | <i>Do 10 sit-ups every hour until bedtime</i>     | <i>Practice Ninja Rolls (Parent supervision)</i>         |