

ACTIVITY BINGO

Play with and against your colleagues. Let's get started!



 JUMPING JACKS	 LUNGES	 SQUAT JUMPS	 SIDE TO SIDE SWEEP	 BLACK PETER	 JUMP FROM SIDE TO SIDE
 ARM SWING FORWARDS WITH ONE ARM	 HUG YOUR COMPETITOR	 ARMSVING BAGWARDS TWO ARMS	 HIGH KNEE LIFTS	 RUN IN CIRCLES	 SPRINT
 KICKS AGAINST EACH OTHER	 GOLF SHOT IN THE AIR	 TOUCH YOUR TOES	 SQUAT	 HIGH FIVES	 BALANCE
 JUMP ON ONE LEG	 ARM SWING BAGWARDS WITH ONE ARM	 SKI JUMP	 SIDE BEND	 ELBOW TO KNEE	 THE LUCKY NUMBER
 HEAD ROLL	 HIP AGAINST HIP	 KICK IN THE BAG	 FROG JUMP	 ELBOW SWING	 CLAP UNDER YOUR LEG
 KICK AND HIT	 TWIST	 STAND ON ONE LEG WITH CLOSED EYES	 ARM SWING OPPOSITE DIRECTION	 JUMP ON TWO LEGS	 WALK

How it works:

- Make teams of two persons.
- Play with two diverse dice – all teams starts at the same time.
- Get ready to do the exercise that fits the dice. Multiply the two dice to know the number of repetitions.
- Example 1: Blue dice (3), white dice (5) = Kick in the bag 8 times each.
- Mark the field after you have done your exercise.
- The team to get a horizontal row wins the set.

BLACK PETER

Squat with hands above your head for 25 seconds.

THE LUCKY NUMBER

Choose a competitor who has to make the plank for 25 seconds.

