

FITNESS BINGO

COMPLETE THE EXERCISES AND SUBMIT COMPLETED BINGO TO WFHT.TN@TN.GOV.

<input type="checkbox"/> QUAD STRETCH (30 SECONDS) 	<input type="checkbox"/> ARM CIRCLES (20) 	<input type="checkbox"/> MARCH IN PLACE (30 SECONDS) 	<input type="checkbox"/> BE CREATIVE! 
<input type="checkbox"/> SQUATS (20) 	<input type="checkbox"/> GLUTE BRIDGES (20) 	<input type="checkbox"/> WALL SIT (30 SECONDS) 	<input type="checkbox"/> HAMSTRING STRETCH (30 SECONDS) 
<input type="checkbox"/> FORWARD LUNGES (20) 	<input type="checkbox"/> SIDE PLANK (30 SECONDS) 	<input type="checkbox"/> JUMPING JACKS (30 SECONDS) 	<input type="checkbox"/> PLANK (30 SECONDS) 
<input type="checkbox"/> SIDE LUNGES (10 EACH SIDE) 	<input type="checkbox"/> SIT UPS (20) 	<input type="checkbox"/> BE CREATIVE! 	<input type="checkbox"/> PUSH UPS / WALL PUSH UPS (20) 

Click [HERE](#) for detailed exercise descriptions with photos to help ensure proper form.

Please consult with your doctor before starting an exercise program.