**SNOWMAN FITNESS BINGO CARD**

Listen, move, mark, win.

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| **B** | **I** | **N** | **G** | **O** |
| Snowball  Jump  Shots   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowman  Hug  Stretch   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Super-slow Snowman Squats   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Avalanche Dash  in Place   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Freezing  Shiver  Wiggles   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
| Snowflake Reach High in the Sky   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Blizzard Balance  Hops   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowflake  Spin  Jumps   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Icy  High  Knees   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Icy  Forward  Fold   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
| Snowflake  Slow Motion Fall   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Frosty’s Jumping  Jacks   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | **FREE SPACE** | Frozen  Tree  Pose   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowman  Slide  Steps   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
| Snowball Basketball Dribbles   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowball  Toe  Touches   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Frosty’s  Deep  Breaths   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snow  Fort  Builders   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Melting Snowman Cool-Down   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
| Frozen  Arm  Holds   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snow  Angel  Jumps   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Frosty’s  Foot  Fire   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Carrot  Nose  Kickbacks   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowflake  Arm  Circles   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |

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| **B** | **I** | **N** | **G** | **O** |
| Avalanche Dash  in Place   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowflake Reach High in the Sky   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Frozen  Arm  Holds   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Icy  Forward  Fold   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowball  Toe  Touches   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
| Carrot  Nose  Kickbacks   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Super-slow Snowman Squats   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Frozen  Tree  Pose   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowman  Hug  Stretch   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Frosty’s Jumping  Jacks   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
| Snowflake  Slow Motion Fall   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowball  Jump  Shots   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | **FREE SPACE** | Snowflake  Spin  Jumps   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowman  Slide  Steps   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
| Snowball Basketball Dribbles   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Freezing  Shiver  Wiggles   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Frosty’s  Deep  Breaths   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snow  Fort  Builders   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Melting Snowman Cool-Down   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
| Blizzard Balance  Hops   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snow  Angel  Jumps   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Frosty’s  Foot  Fire   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Icy  High  Knees   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowflake  Arm  Circles   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |

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| Snowball  Jump  Shots   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Carrot  Nose  Kickbacks   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Frozen  Arm  Holds   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Icy  Forward  Fold   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowflake  Slow Motion Fall   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
| Snowflake Reach High in the Sky   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowman  Slide  Steps   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowflake  Spin  Jumps   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Icy  High  Knees   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Avalanche Dash  in Place   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
| Snowball  Toe  Touches   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Frosty’s Jumping  Jacks   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | **FREE SPACE** | Frosty’s  Deep  Breaths   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Blizzard Balance  Hops   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
| Snowball Basketball Dribbles   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Freezing  Shiver  Wiggles   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Frozen  Tree  Pose   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snow  Fort  Builders   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Melting Snowman Cool-Down   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
| Super-slow Snowman Squats   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snow  Angel  Jumps   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Frosty’s  Foot  Fire   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowman  Hug  Stretch   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowflake  Arm  Circles   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |

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| Frosty’s Jumping  Jacks   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Carrot  Nose  Kickbacks   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snow  Fort  Builders   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Icy  Forward  Fold   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowball  Toe  Touches   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
| Snowflake Reach High in the Sky   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowman  Hug  Stretch   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowflake  Spin  Jumps   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Frozen  Arm  Holds   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Avalanche Dash  in Place   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
| Snowflake  Slow Motion Fall   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowball  Jump  Shots   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | **FREE SPACE** | Frozen  Tree  Pose   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snow  Angel  Jumps   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
| Snowball Basketball Dribbles   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowman  Slide  Steps   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Frosty’s  Deep  Breaths   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Icy  High  Knees   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Melting Snowman Cool-Down   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
| Super-slow Snowman Squats   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Freezing  Shiver  Wiggles   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Frosty’s  Foot  Fire   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Blizzard Balance  Hops   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowflake  Arm  Circles   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |

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| Frosty’s Jumping  Jacks   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Carrot  Nose  Kickbacks   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowflake  Arm  Circles   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Icy  Forward  Fold   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowball  Toe  Touches   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
| Snowflake Reach High in the Sky   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Blizzard Balance  Hops   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowflake  Spin  Jumps   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Icy  High  Knees   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Avalanche Dash  in Place   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
| Super-slow Snowman Squats   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snowball  Jump  Shots   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | **FREE SPACE** | Frozen  Tree  Pose   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Frosty’s  Foot  Fire   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
| Snowman  Hug  Stretch   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Freezing  Shiver  Wiggles   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Frosty’s  Deep  Breaths   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Snow  Fort  Builders   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | | Melting Snowman Cool-Down   |  |  |  |  | | --- | --- | --- | --- | |  |  |  |  | |
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