

RISEVT BRAIN BREAK BINGO

B	I	N	G	O
Toe Raises	Seated Crunch	Jumping Jack	One Leg Balance	Hamstring Curl
Quad Stretch	High Knees	Overhead Stretch	Alternating Side Leg Lift	Chair Tricep Dip
Squat	Wall Sit	Punching Bag	Invisible Jump Rope	March in Place
Toe Touch	Jump in Place	Bicep Curl	Wall Push-Ups	Knee to Elbow
Seated Run	Random Dancing	Arm Circle	Alternating Lunges	Seated Leg Pull-In

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B	I	N	G	O
Seated Run	Arm Circle	One Leg Balance	Hamstring Curl	Quad Stretch
Knee to Elbow	Seated Crunch	Random Dancing	Punching Bag	Chair Tricep Dip
Squat	High Knees	Toe Touch	Alternating Side Leg Lift	Wall Push-Ups
Jump in Place	Alternating Lunges	March in Place	Wall Sit	Jumping Jack
Invisible Jump Rope	Bicep Curl	Seated Leg Pull-In	Overhead Stretch	Toe Raises