

F	I	T	G	O
F 1 Chicken Jacks	I 16 Bell Jumps	T 30 Cross- Country Skier	G 45 Cross Crawl	O 60 Plie
F 2 Tuck Jumps	I 17 Leap Frog on the Spot	T 31 X-Jumps	G 46 Heel Digs	O 61 Funky Fish
F 3 Wall Sit & Press	I 18 Flurry	T 32 Sky Jump- Hit the Deck	G 47 Jumping Jack & Jill	O 62 Funky Monkey
F 4 Low row	I 19 Squat-Jumps	T 33 Skier Jumps	G 48 Wounded Duck	O 63 Sprinkler
F 5 Row Twisters	I 20 Jump & Twist	T 34 4 Point Star Hops	G 49 Lollipop Jumps	O 64 Ophea Hand Jive
F 6 Mountain Clumbers	I 21 Jumping Rope	T 35 Speed Skater	G 50 Scissor Jumps	O 65 Toe Touch
F 7 Head-2-Toe Jumps	I 22 Rocking Horse	T 36 Squat & Kick	G 51 5 Dot hops	O 66 High Five 2 People
F 8 In-Out-Out- In Heel Touch	I 23 Box Hop	T 37 High Jumper	G 52 Punch Up- Down & Jump	O 67 Touch 2 People in Blue
F 9 Boxer Jog	I 24 Step Touch	T 38 Coffee Grinder	G 53 Back Crawl Jog	O 68 Disco Move
F 10 Gluteal Kicks	I 25 Pulling Weeds	T 39 Rock- Paper- Scissors	G 54 Jig Dance	O 69 Tae Boe Kick
F 11 Swinging Leg Lifts	I 26 Pound the Grass	T 40 Bob & Weave	G 55 Airplane Arms	O 70 TV Converter Squat
F 12 Jogging Sky Rolls	I 27 Arm Circles Front	T 41 Calf Raises	G 56 Calf Stretch	O 71 Shimmy Shake
F 13 Raise the Roof	I 28 Arm Circles Back	T 42 Pogo	G 57 Stork Stand	O 72 Free Choice
F 14 V-Jumps	I 29 Flutter Kicks	T 43 Front Crawl Jog	G 58 Cheer "I Love Fitness"	
F 15 Plus Sign Jumps		T 44 ¼ Turns	G 59 Sky Reach	

Print two copies of the caller cards and use one copy to cut up and pull instead of BINGO balls.