

Active Mile Bingo

Try & do each exercise for 1 minute.
Need a break?
Step from side to side, get your breath back and then continue!

Let's aim to do 2,000 steps!

Exercise 1 Speed Bounce

Tip; two feet to two feet, use your arms to help you balance

Completed?

Exercise 2 Walking Lunges

Tip; hands on hips, feet in front of knees

Completed?

Exercise 3 Mountain Climbers

Tip; keep your tummy held in tight

Completed?

Exercise 4 Marching on the Spot

Tip; use your arms, opposite arm to opposite leg

Completed?

Exercise 5 Star Jumps

Tip; keep your tummy held in tight

Completed?

Exercise 10 Bunny Hops

Tip; bend your knees and push up from the ground

Completed?

Exercise 9 Side Shuffles

Tip; bent knees, keep upper body and head upright

Completed?

Exercise 8 Butt Kicks

Tip; drive your arms, try to get your heel to your bottom

Completed?

Exercise 7 Plank Tuck

Tip; keep your back and bottom level, bring your feet to meet your hands

Completed?

Exercise 6 Side Lunges

Tip; hands on hips, look straight ahead, go from one side to the other

Completed?



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Have you ticked off each exercise?

Lets hear you shout BINGO!

Congratulations on completing your Active Mile!