









Card Shark Bingo

Rules:

1. Choose two cards from a deck of cards.
2. Match your first drawn card with the suit box on the left side of the grid.
3. Match your second drawn card to the suit box across the top of the grid.
4. Find the box where the two meet and do that exercise.
5. The number of times to perform the exercise is determined by adding the total of the cards you chose. (Aces and face cards = 10)

CARD SHARK BINGO				
	FREE SQUARE	LUNGES	TOE TOUCHERS	MOUNTAIN CLIMBERS
	ARM TWIRLS	SQUATS	STAR JUMPS	CURL-UPS
	ONE MINUTE WALL SIT	PUSH UPS	JUMPING JACKS	RUN IN PLACE (30 SECONDS)
	BURBEES	HIGH KNEES (30 SECONDS)	BALANCE ON ONE FOOT (30 SECONDS)	REVENGE (Choose an exercise for your opponent!)