
















K2 Bingo Game

| | | | |
|---|---|---|---|
|  <p>HOLLOW HOLD</p> |  <p>Arabesque</p> |  <p>pike</p> |  <p>Dance for 10 sec.</p> |
|  <p>straddle</p> |  <p>Plank Hold 5 Sec.</p> | <p>FREE SPACE</p> |  <p>Handstand</p> |
|  <p>Cartwheel</p> |  <p>Arch</p> |  <p>lunge</p> |  <p>Make a silly face</p> |
|  <p>5 Jumping Jacks</p> |  <p>tuck</p> |  <p>Forward Roll</p> |  <p>Bridge</p> |

K2 Bingo Game



lunge



Bridge



5 Jumping Jacks



straddle

FREE SPACE



Cartwheel



Handstand



Arabesque



Dance for 10 sec.



Forward Roll



pike



Make a silly face



Plank Hold 5 Sec.



tuck

K2 Bingo Game



lunge



Bridge



5 Jumping Jacks



straddle

FREE SPACE



Cartwheel



Handstand



Arabesque



Dance for 10 sec.



Forward Roll



pike



Make a silly face



Plank Hold 5 Sec.



tuck

K2 Bingo Card



Make a silly face



Cartwheel



pike



Plank Hold 5 Sec.



straddle



Handstand



5 Jumping Jacks



Forward Roll



tuck



Dance for 10 sec.



Arabesque

FREE SPACE



Bridge



lunge

