



# Jogging BINGO

Get active and challenge yourself to improve your Jogging Technique!

Check off the square as soon as you have completed the activity. Do the Green boxes first for the Warmup, then Blue boxes for the jogging exercises, and then Yellow for stretching at the end. Your challenge is to get a full-house (cross out every square).

Do it by yourself or with someone you live with.

<p><b>20 High Knees</b></p>	<p><b>20 Backward Steps</b></p>	<p><b>1 Lap Dog Jog + 1 Lap Turtle Walk</b></p>	<p><b>20sec Sit and Reach to Right Leg</b></p>	<p><b>20sec Skipping</b></p>
<p><b>20sec Right Shoulder Stretch</b></p>	<p><b>Turtle Walk 3x Around the yard</b></p>	<p><b>Right Side Shuffle 20 Steps</b></p>	<p><b>20sec Left Quad Stretch</b></p>	<p><b>Cheetah Jog 3x Around the yard</b></p>
<p><b>20 Step Left Way Crossovers</b></p>	<p><b>20sec Sit and Reach to Left Leg</b></p>	<p><b>Choose any Stretch</b></p>	<p><b>1 Lap Dog Jog + 1 Lap Cheetah Jog</b></p>	<p><b>20 Butt-kicks</b></p>
<p><b>20sec Toe Touch</b></p>	<p><b>1 Lap Cheetah Jog + 1 Lap Turtle Walk</b></p>	<p><b>20 Step Right Way Crossovers</b></p>	<p><b>20sec Right Quad Stretch</b></p>	<p><b>20sec Left Shoulder Stretch</b></p>
<p><b>Dog Jog 3x Around the yard</b></p>	<p><b>Left Side Shuffle 20 Steps</b></p>	<p><b>20sec Butterfly Sit</b></p>	<p><b>20 Leg Raises</b></p>	<p><b>20 Airplane Touches</b></p>