

STEP COUNT BINGO

It's time to smile and break a little sweat. You are with and against your colleagues.

	 JUMPING-JACKS	 FAST STEPPING ON THE SPOT	 ANGEL JUMPS	 TWO SIDE STEPS BACK AND FORTH	 BLACK PETER	 JUMP FROM SIDE TO SIDE
	 JUMP JUMP SQUAT	 HUG THE COMPETITORS	 DIAGONAL LIFT ARM + LEG	 HIGH KNEE RAISES	 RUN IN CIRCLES	 SPRINT ON THE SPOT
	 INNER SIDE FOOT KICK WITH PARTNER	 WALK BACK AND FORTH	 WALK FROM SIDE TO SIDE	 SQUATS	 HIGH FIVES	 TWO SIDE STEPS BACK AND FORTH
	 ONE LEG JUMPS	 JUMP JUMP SQUAT	 SKII JUMPS	 DIAGONAL LIFT ARM + LEG	 ELBOW TO KNEE	 SPRINT ON THE SPOT WITH A COLLEAGUE
	 SPRINT ON THE SPOT	 FAST STEPPING ON THE SPOT	 KICK BACKS	 FROG JUMPS	 ARM HOOK DANCE	 CLAPPING KNEE LIFTS
	 KICK AND HIT	 TWIST JUMPS	 WALK FROM SIDE TO SIDE	 WALK IN A TRIANGLE	 JUMP ON BOTH LEGS	 WALKING ON THE SPOT

HOW TO PLAY

- Make teams of minimum two people each or another equal number.
- Use two different color dice. Every team start at the same time.
- Prepare to do the exercise that the eyes on the dice corresponds to. The number on the dice determines the amount of seconds or repetitions of the exercise.
- Example 1: Green dice (3), white dice (5) - Do kick backs 8 times each.
- Example 2: Green dice (3), white dice (6) - Walk from side to side for 9 seconds.
- Cross out the field on the plate after you complete it.
- The first team to get a full horizontal line on the plate wins.

BLACK PETE

Stand still for 10 seconds.

SPRINT ON THE SPOT WITH A COLLEAGUE

You can ask another team of colleagues to help do the exercise – sprint for 10 seconds