

Isle Health BINGO

Your Home Exercise BINGO Card! #1

Plank

Knee Bent
Dips

Side Step
Squats

Shoulder
Touches

Bird Dogs

Backwards
Lunges

Straight
Leg Dips

Calf
Raises

Heel Flicks

Backwards
Leg Kicks

High Knees

Body
Squat

We hope you have fun moving, it's a lighthearted and informal way to celebrate what your body **CAN** do rather than what it can't!

If you'd like more information on our services or to take your training to the next level with one of our coaches, visit our website: www.islehealth.co.uk