

# Isle Health BINGO

## Your Home Exercise BINGO Card! #2

Knee Bent  
Dips

Calf  
Raises

Backwards  
Lunges

Side Step  
Squats

Body  
Squat

Plank

Backwards  
Leg Kicks

Heel Flicks

Shoulder  
Touches

Straight  
Leg Dips

High Knees

Bird Dogs

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](http://www.islehealth.co.uk)