

Isle Health BINGO

Your Home Exercise BINGO Card! #3

Side Step
Squats

Calf
Raises

Heel Flicks

Plank

Bird Dogs

Body
Squat

Backwards
Lunges

Straight
Leg Dips

Backwards
Leg Kicks

Knee Bent
Dips

Shoulder
Touches

High Knees

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