



Conference call exercise bingo card

<p>Hi, who just joined?</p> <p>Running in place</p>	<p>Let's take it offline</p> <p>10 jumping jacks</p>	<p>I'm sorry, I was on mute</p> <p>5 pushups</p>
<p>(Echo or feedback)</p> <p>30 second plank</p>	<p>Can you all see my screen?</p> <p>30 second wall sit</p>	<p>(Child screams)</p> <p>5 chair dips</p>
<p>I have to jump onto another call</p> <p>10 lunges</p>	<p>I will ping him/her</p> <p>10 air squats</p>	<p>I have a hard stop</p> <p>10 air punches</p>
<p>(Dog barks)</p> <p>Sit ups</p>	<p>Can everyone go on mute?</p> <p>Downward dog to upward dog</p>	<p>I'm turning off video, it's killing my bandwidth</p> <p>Child's pose</p>