

Workout Class Bingo

Lap around gym	1 min run in place	15 second plank	30 second superman	20 squats
15 Toe Touches	5 burpees	25 pushups	10 Positive Affirmations	30 second plank
5 Positive Affirmation	Rest	FREE	10 burpees	20 knee highs
20 pushups	30 seconds run in place	20 situps	2 laps around gym	25 jumping jacks
15 squats	10 toe touches	25 situps	Rest	15 jumping jacks

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Rest	10 Positive Affirmations	30 second superman	15 Toe Touches	25 pushups
15 second plank	Rest	20 squats	10 toe touches	30 second plank
20 pushups	10 burpees	FREE	20 knee highs	1 min run in place
2 laps around gym	25 situps	Lap around gym	15 jumping jacks	30 seconds run in place
20 situps	25 jumping jacks	5 Positive Affirmation	5 burpees	15 squats

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10 toe touches	25 situps	10 Positive Affirmations	25 jumping jacks	10 burpees
Lap around gym	20 pushups	20 situps	5 burpees	20 squats
5 Positive Affirmation	15 jumping jacks	FREE	30 seconds run in place	2 laps around gym
Rest	30 second plank	30 second superman	Rest	15 second plank
20 knee highs	1 min run in place	25 pushups	15 Toe Touches	15 squats