B	I	N	G	O
60 line hops	1 min high knees	15 triangle push ups	40 double leg mountain climbers	30s split left leg
10 sit ups	50 mountain climbers	30s split right leg	1 min hollow hold	50 jumping jacks
FRIEND'S CHOICE	1 min plank	20 wide arm push ups	25 burpees	50 frog jumps
30s handstand hold	35 jump squats	20 one leg squats (each leg)	30s split middles	1 min superman
40 lunges	15 jump lunges	YOUR CHOICE	15 push up in middles	20 tuck jumps

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B	I	N	G	O
FRIEND'S CHOICE	1 min plank	50 jumping jacks	1 min hollow hold	1 min superman
15 push up in middles	50 frog jumps	20 wide arm push ups	30s split left leg	35 jump squats
10 sit ups	15 triangle push ups	30s split right leg	30s split middles	60 line hops
30s handstand hold	15 jump lunges	50 mountain climbers	20 one leg squats (each leg)	40 double leg mountain climbers
40 lunges	YOUR CHOICE	20 tuck jumps	1 min high knees	25 burpees

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B	I	N	G	O
50 frog jumps	30s split middles	15 jump lunges	15 push up in middles	20 one leg squats (each leg)
1 min superman	20 tuck jumps	10 sit ups	20 wide arm push ups	60 line hops
30s handstand hold	40 lunges	30s split right leg	1 min plank	50 mountain climbers
FRIEND'S CHOICE	35 jump squats	YOUR CHOICE	1 min hollow hold	1 min high knees
25 burpees	50 jumping jacks	40 double leg mountain climbers	15 triangle push ups	30s split left leg

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