

B	I	N	G	O
Stand on one leg for 30 seconds	1 pull-up	15 crunches	Hold superman for 20 seconds	Butt kicks in place 20 seconds
10 shoulder taps each side	Run in place 20 seconds	High knees in place 20 seconds	10 lunges each side	Hold a plank for 30 seconds
L-hold on bar 5 seconds	Up and down plank for 10 seconds	FREE	10 pushup burpees	20 mountain climbers
5 wide push-ups	Hollow body hold 15 seconds	Bar hold 20 seconds	15 walking lunges	Five diamond pushups
15 sit-ups	10 pushups	High plank for 30 seconds	Wall sit for 30 seconds	10 squats

B	I	N	G	O
Up and down plank for 10 seconds	10 lunges each side	Hold superman for 20 seconds	10 shoulder taps each side	High knees in place 20 seconds
15 crunches	Wall sit for 30 seconds	Butt kicks in place 20 seconds	10 pushups	Hold a plank for 30 seconds
5 wide push-ups	10 pushup burpees	FREE	20 mountain climbers	1 pull-up
15 walking lunges	High plank for 30 seconds	Stand on one leg for 30 seconds	10 squats	Hollow body hold 15 seconds
Bar hold 20 seconds	Five diamond pushups	L-hold on bar 5 seconds	Run in place 20 seconds	15 sit-ups

B	I	N	G	O
10 pushups	High plank for 30 seconds	10 lunges each side	Five diamond pushups	10 pushup burpees
Stand on one leg for 30 seconds	5 wide push-ups	Bar hold 20 seconds	Run in place 20 seconds	Butt kicks in place 20 seconds
L-hold on bar 5 seconds	10 squats	FREE	Hollow body hold 15 seconds	15 walking lunges
Up and down plank for 10 seconds	Hold a plank for 30 seconds	Hold superman for 20 seconds	Wall sit for 30 seconds	15 crunches
20 mountain climbers	1 pull-up	High knees in place 20 seconds	10 shoulder taps each side	15 sit-ups