

B	I	N	G	O
compliment 3 people	1 minute bear crawl	10 jumping jacks	30 second bicycle	10 sit ups
10 frog hops	attempt a cartwheel	15 squats	1 minute crab walk	30 second army crawl
30 second plank	plank over/under partner	FREE	10 burpees	10 lunges
10 mountain climbers	30 second crazy dance	10 push-ups	10 jumping squats	10 sit-ups
10 jumping jills	10 butt kicks	20 calf raises	run 2 laps	10 high knees

B	I	N	G	O
plank over/under partner	1 minute crab walk	30 second bicycle	10 frog hops	15 squats
10 jumping jacks	run 2 laps	10 sit ups	10 butt kicks	30 second army crawl
10 mountain climbers	10 burpees	FREE	10 lunges	1 minute bear crawl
10 jumping squats	20 calf raises	compliment 3 people	10 high knees	30 second crazy dance
10 push-ups	10 sit-ups	30 second plank	attempt a cartwheel	10 jumping jills

B	I	N	G	O
10 butt kicks	20 calf raises	1 minute crab walk	10 sit-ups	10 burpees
compliment 3 people	10 mountain climbers	10 push-ups	attempt a cartwheel	10 sit ups
30 second plank	10 high knees	FREE	30 second crazy dance	10 jumping squats
plank over/under partner	30 second army crawl	30 second bicycle	run 2 laps	10 jumping jacks
10 lunges	1 minute bear crawl	15 squats	10 frog hops	10 jumping jills