

B	I	N	G	O
30 second wall sit	1 minute run in place	10 lunges	20 skips	20 cherry pickers
10 jumping jacks	30 second plank	20 mountain climbers	10 burpees	20 second balance on right foot
30 second finger flexor	hop on left foot 20 times	FREE	10 crab dips	10 squats
15 second crab walk	20 windmills	15 sit-ups	10 squat jumps	20 flutter kicks
10 push ups	10 high knees	20 second balance on left foot	hop on right foot 20 times	10 jumping jacks

B	I	N	G	O
hop on left foot 20 times	10 burpees	20 skips	10 jumping jacks	20 mountain climbers
10 lunges	hop on right foot 20 times	20 cherry pickers	10 high knees	20 second balance on right foot
15 second crab walk	10 crab dips	FREE	10 squats	1 minute run in place
10 squat jumps	20 second balance on left foot	30 second wall sit	10 jumping jacks	20 windmills
15 sit-ups	20 flutter kicks	30 second finger flexor	30 second plank	10 push ups

B	I	N	G	O
10 high knees	20 second balance on left foot	10 burpees	20 flutter kicks	10 crab dips
30 second wall sit	15 second crab walk	15 sit-ups	30 second plank	20 cherry pickers
30 second finger flexor	10 jumping jacks	FREE	20 windmills	10 squat jumps
hop on left foot 20 times	20 second balance on right foot	20 skips	hop on right foot 20 times	10 lunges
10 squats	1 minute run in place	20 mountain climbers	10 jumping jacks	10 push ups