

B	I	N	G	O
5 minute run	1 minute frog jumps	1 minute right leg split	30 lemon squeezer s	15 passe up down
1 minute left leg split	30 supermans	20 v ups	1 minute gravity split	20 push ups
30 sec wall sit	50 jumping jacks	FREE	1 minute high knees in place	10 split jump stick and finish
10 stretch jump stick and finish	30 sec Releve hold (tippy toes)	15 backwards roll to mad cat	10 candlestick stand to tuck jump	15 pivot turn w/ silly foot in front
10 Chasse to pretty pose	1 minute hollow body hold	20 couch tricep dips	50 mountain climbers	1 minute plank

B	I	N	G	O
50 jumping jacks	1 minute gravity split	30 lemon squeezer s	1 minute left leg split	20 V ups
1 minute right leg split	50 mountain climbers	15 passe up down	1 minute hollow body hold	20 push ups
10 stretch jump stick and finish	1 minute high knees in place	FREE	10 split jump stick and finish	1 minute frog jumps
10 candlestick stand to tuck jump	20 couch tricep dips	5 minute run	1 minute plank	30 sec Releve hold (tippy toes)
15 backwards roll to mad cat	15 pivot turn w/ silly foot in front	30 sec wall sit	30 supermans	10 Chasse to pretty pose

B	I	N	G	O
1 minute hollow body hold	20 couch tricep dips	1 minute gravity split	15 pivot turn w/ silly foot in front	1 minute high knees in place
5 minute run	10 stretch jump stick and finish	15 backwards roll to mad cat	30 supermans	15 passe up down
30 sec wall sit	1 minute plank	FREE	30 sec Releve hold (tippy toes)	10 candlestick stand to tuck jump
50 jumping jacks	20 push ups	30 lemon squeezers	50 mountain climbers	1 minute right leg split
10 split jump stick and finish	1 minute frog jumps	20 v ups	1 minute left leg split	10 Chasse to pretty pose