

B	I	N	G	O
Superman Hold - 30 sec	Arm Circles - 30 sec	Fast Feet - 30 sec	Side Plank - 30 sec	Lunges - 10 reps each leg
Butt Kicks - 30 sec	Squats - 10 reps	Plank - 30 sec	Bear Crawl - 30 sec	Reverse Crunches - 10 reps
Skaters - 30 sec	Table squat - 30 sec	FREE	Bicycle Crunches - 30 sec	Inchworms - 10 reps
Jump Squats - 10 reps	Sit-Ups - 10 reps	Jumping Jacks - 30 sec	High Knees - 30 sec	Mountain Climbers - 30 sec
Glute hold - 30 seconds	Burpees - 10 reps	Push-Ups - 10 reps	Wall Sit - 30 sec	Calf Raises - 10 reps

B	I	N	G	O
Table squat - 30 sec	Bear Crawl - 30 sec	Side Plank - 30 sec	Butt Kicks - 30 sec	Plank - 30 sec
Fast Feet - 30 sec	Wall Sit - 30 sec	Lunges - 10 reps each leg	Burpees - 10 reps	Reverse Crunches - 10 reps
Jump Squats - 10 reps	Bicycle Crunches - 30 sec	FREE	Inchworms - 10 reps	Arm Circles - 30 sec
High Knees - 30 sec	Push-Ups - 10 reps	Superman Hold - 30 sec	Calf Raises - 10 reps	Sit-Ups - 10 reps
Jumping Jacks - 30 sec	Mountain Climbers - 30 sec	Skaters - 30 sec	Squats - 10 reps	Glute hold - 30 seconds

B	I	N	G	O
Burpees - 10 reps	Push-Ups - 10 reps	Bear Crawl - 30 sec	Mountain Climbers - 30 sec	Bicycle Crunches - 30 sec
Superman Hold - 30 sec	Jump Squats - 10 reps	Jumping Jacks - 30 sec	Squats - 10 reps	Lunges - 10 reps each leg
Skaters - 30 sec	Calf Raises - 10 reps	FREE	Sit-Ups - 10 reps	High Knees - 30 sec
Table squat - 30 sec	Reverse Crunches - 10 reps	Side Plank - 30 sec	Wall Sit - 30 sec	Fast Feet - 30 sec
Inchworms - 10 reps	Arm Circles - 30 sec	Plank - 30 sec	Butt Kicks - 30 sec	Glute hold - 30 seconds