

B	I	N	G	O
20 seconds jump rope	10 Butt kickers	10 mountain climbers	20 second stork stand	20 jumping jacks
10 crunches	20 seconds jog in place	20 second low plank	10 Lunges	20 second squat hold
20 seconds fast feet	5 Burpees	FREE	10 Supermans	10 star jumps
15 Calf raises	20 seconds High knees	15 squats	10 skater jumps	20 second high plank
10 push-ups	10 bicycle crunches	20 second side plank	Rest	10 flutter kicks

B	I	N	G	O
5 Burpees	10 Lunges	20 second stork stand	10 crunches	20 second low plank
10 mountain climbers	Rest	20 jumping jacks	10 bicycle crunches	20 second squat hold
15 Calf raises	10 Supermans	FREE	10 star jumps	10 Butt kickers
10 skater jumps	20 second side plank	20 seconds jump rope	10 flutter kicks	20 seconds High knees
15 squats	20 second high plank	20 seconds fast feet	20 seconds jog in place	10 push-ups

B	I	N	G	O
10 bicycle crunches	20 second side plank	10 Lunges	20 second high plank	10 Supermans
20 seconds jump rope	15 Calf raises	15 squats	20 seconds jog in place	20 jumping jacks
20 seconds fast feet	10 flutter kicks	FREE	20 seconds High knees	10 skater jumps
5 Burpees	20 second squat hold	20 second stork stand	Rest	10 mountain climbers
10 star jumps	10 Butt kickers	20 second low plank	10 crunches	10 push-ups