

B	I	N	G	O
Weight-Loss	20 Sit-ups	Jumping	Sweaty	Punches
Climb Across Monkey Bars	Walking Lunges (length of basketball court)	Running	25 Jumping Jacks	Strength
Walking	Weights	FREE	5 Push-Ups	Lifting
Mats	Tennis Shoes	Muscle	Lap Around Blacktop	Push-Ups
Jumping Jacks	:20 dead hang or 3 pull ups	Squats	Workout	Healthy

B	I	N	G	O
Weights	25 Jumping Jacks	Sweaty	Climb Across Monkey Bars	Running
Jumping	Workout	Punches	:20 dead hang or 3 pull ups	Strength
Mats	5 Push-Ups	FREE	Lifting	20 Sit-ups
Lap Around Blacktop	Squats	Weight-Loss	Healthy	Tennis Shoes
Muscle	Push-Ups	Walking	Walking Lunges (length of basketball court)	Jumping Jacks

B	I	N	G	O
:20 dead hang or 3 pull ups	Squats	25 Jumping Jacks	Push-Ups	5 Push-Ups
Weight-Loss	Mats	Muscle	Walking Lunges (length of basketball court)	Punches
Walking	Healthy	FREE	Tennis Shoes	Lap Around Blacktop
Weights	Strength	Sweaty	Workout	Jumping
Lifting	20 Sit-ups	Running	Climb Across Monkey Bars	Jumping Jacks