

B	I	N	G	O
Weight-Loss	10 Dips on Bench	:20 Dead Hang or 3 Pull-Ups	Tennis Shoes	Running
25 Jumping Jacks	Walking Lunges (length of basketball court)	Squats	10 Plank High Fives	Sweaty
Walking	Weights	FREE	15 Squats	Muscle
Punches	Walk Lap Around Blacktop	Push-Ups	Mats	Running Lap Around Blacktop
Climb Across Monkey Bars	20 Sit-ups	Strength	Workout	5 Push-Ups

B	I	N	G	O
Weights	10 Plank High Fives	Tennis Shoes	25 Jumping Jacks	Squats
:20 Dead Hang or 3 Pull-Ups	Workout	Running	20 Sit-ups	Sweaty
Punches	15 Squats	FREE	Muscle	10 Dips on Bench
Mats	Strength	Weight-Loss	5 Push-Ups	Walk Lap Around Blacktop
Push-Ups	Running Lap Around Blacktop	Walking	Walking Lunges (length of basketball court)	Climb Across Monkey Bars

B	I	N	G	O
20 Sit-ups	Strength	10 Plank High Fives	Running Lap Around Blacktop	15 Squats
Weight-Loss	Punches	Push-Ups	Walking Lunges (length of basketball court)	Running
Walking	5 Push-Ups	FREE	Walk Lap Around Blacktop	Mats
Weights	Sweaty	Tennis Shoes	Workout	:20 Dead Hang or 3 Pull-Ups
Muscle	10 Dips on Bench	Squats	25 Jumping Jacks	Climb Across Monkey Bars