B	I	N	G	O
Jog 10 laps around the gym	10 lap jog around the gym	50 Mountain Climbers	60 seconds invisible jump rope	50 lunge jumps
30 sprawls	High knee kicks one end of gym to another 4X's	50 squat jumps	10 x's Sprints 1 end of gym to another	High Knee Skips 1 end of gym to another 4X's
Single Leg Hop 1 end of gym to another X4	2 foot broad jump 4x's down and back	50 high knees in place	50 jump squats	Frog Jump one end of gym to another 4x's
50 jumping jacks	50 walking lunges	50 Skier Jumps	50 plank jacks	30 Burpees
Butt kicks 4x's down and back	30 sprawls/w hop	side shuffle 1 end of gym to next 4x's	50 Mountain Climbers	50 high knees in place

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B	I	N	G	O
Single Leg Hop 1 end of gym to another X4	2 foot broad jump 4x's down and back	High Knee Skips 1 end of gym to another 4X's	10 x's Sprints 1 end of gym to another	30 Burpees
50 Mountain Climbers	Frog Jump one end of gym to another 4x's	50 high knees in place	50 lunge jumps	50 walking lunges
30 sprawls	50 Mountain Climbers	50 squat jumps	50 plank jacks	Jog 10 laps around the gym
50 jumping jacks	30 sprawls/w hop	High knee kicks one end of gym to another 4X's	50 Skier Jumps	60 seconds invisible jump rope
Butt kicks 4x's down and back	side shuffle 1 end of gym to next 4x's	50 high knees in place	10 lap jog around the gym	50 jump squats

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B	I	N	G	O
Frog Jump one end of gym to another 4x's	50 plank jacks	30 sprawls/w hop	50 Mountain Climbers	50 Skier Jumps
30 Burpees	50 high knees in place	30 sprawls	50 high knees in place	Jog 10 laps around the gym
50 jumping jacks	Butt kicks 4x's down and back	50 squat jumps	2 foot broad jump 4x's down and back	High knee kicks one end of gym to another 4X's
Single Leg Hop 1 end of gym to another X4	50 walking lunges	side shuffle 1 end of gym to next 4x's	10 x's Sprints 1 end of gym to another	10 lap jog around the gym
50 jump squats	High Knee Skips 1 end of gym to another 4X's	60 seconds invisible jump rope	50 Mountain Climbers	50 lunge jumps

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