

B	I	N	G	O
ISO PUSHUPS!!	1 Sprint down/back	15 SMJJ/15 Reg. JJ's	20 Mountain Climbers	2 sets of Behind the Head
15 Butt Blasters/leg	40 Machine Guns/leg	2 sets of Incline Press	10 Grasshoppers	30 seconds Squat Pulse
ISO Squats	10 Squat Jumps	FREE	2 sets of Front Raises	2 Sets of Tricep Extension/arm
10's (JJ's/HK's/Toe Tappers)	2 sets Triceps Kickbacks	20 Partner Patty Cake	2 sets X Chest Fly	20 Alternating Lunges
20 Plankjacks	2 Sets of Reverse Fly	15 push-ups	2 sets of Donkey Kicks (each/leg)	10 Squat Thrusts

B	I	N	G	O
2 sets of Front Raises	2 sets of Behind the Head	10 Squat Jumps	30 seconds Squat Pulse	10 Squat Thrusts
20 Partner Patty Cake	2 Sets of Tricep Extension/arm	2 sets Triceps Kickbacks	40 Machine Guns/leg	10 Grasshoppers
ISO Squats	20 Mountain Climbers	FREE	2 sets of Donkey Kicks (each/leg)	15 Butt Blasters/leg
15 SMJJ/15 Reg. JJ's	2 sets of Incline Press	20 Plankjacks	10's (JJ's/HK's/Toe Tappers)	20 Alternating Lunges
1 Sprint down/back	ISO PUSHUPS!!	ISO lat raises	15 Partner Sit-ups	15 push-ups

B	I	N	G	O
2 sets of Front Raises	15 Butt Blasters/leg	20 Alternating Lunges	15 Partner Sit-ups	10 Grasshoppers
1 Sprint down/back	ISO lat raises	15 SMJJ/15 Reg. JJ's	ISO Squats	10's (JJ's/HK's/Toe Tappers)
40 Machine Guns/leg	20 Plankjacks	FREE	2 sets X Chest Fly	20 Mountain Climbers
10 Squat Thrusts	2 sets of Donkey Kicks (each/leg)	2 sets Triceps Kickbacks	2 Sets of Tricep Extension/arm	10 Squat Jumps
30 seconds Squat Pulse	2 sets of Behind the Head	15 push-ups	2 sets of Incline Press	ISO PUSHUPS!!