

B	I	N	G	O
30 Second Plank	10 Burpees	10 Side Lunges	20 Russian Twists	15 Squats
10 Plank Up Downs	30 Second Dance Party	20 Fire Hydrants	10 Crunches	30 Second 6 Inch Leg Hold
35 Calf Raises	10 Front Kicks	FREE	15 Air Punches	15 Bicycle Crunches
30 Mountain Climbers	15 Jumping Jax	20 High Knees	10 Supermen	20 But Kicks
10 Im A Star Jumps	25 Forward Lunges	10 Push Ups	5 Sprints	10 Side Kicks

B	I	N	G	O
35 Calf Raises	5 Sprints	10 Crunches	15 Jumping Jax	10 Plank Up Downs
20 Russian Twists	15 Bicycle Crunches	10 Side Lunges	20 But Kicks	10 Front Kicks
15 Air Punches	10 Burpees	FREE	10 Supermen	20 High Knees
10 Side Kicks	30 Second Plank	10 Push Ups	30 Mountain Climbers	10 Im A Star Jumps
15 Squats	10 Triceps Dips	30 Second 6 Inch Leg Hold	20 Fire Hydrants	30 Second Dance Party

B	I	N	G	O
30 Mountain Climbers	10 Supermen	35 Calf Raises	10 Side Kicks	20 Russian Twists
25 Forward Lunges	30 Second 6 Inch Leg Hold	5 Sprints	15 Jumping Jax	10 Front Kicks
20 High Knees	10 Crunches	FREE	15 Air Punches	10 Side Lunges
10 Triceps Dips	15 Squats	10 Im A Star Jumps	10 Burpees	30 Second Plank
30 Second Dance Party	20 Fire Hydrants	15 Bicycle Crunches	20 But Kicks	10 Push Ups