

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

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

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