

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

B	I	N	G	O
35 Calf Raises	10 Crunches10 Plank Up Downs	25 Forward Lunges	10 Push Ups	20 Fire Hydrants
10 Side Lunges	5 Sprints	15 Squats	10 Im A Star Jumps	20 Russian Twists
15 Bicycle Crunches	10 Front Kicks	FREE	15 Air Punches	10 Burpees
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

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30 Second 6 Inch Leg Hold	10 Side Kicks	FREE	30 Mountain Climbers	10 Triceps Dips
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15 Air Punches	10 Burpees	20 Fire Hydrants	10 Push Ups	10 Supermen