

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

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

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