

B	I	N	G	O
Knee pushups	1 Press	15 thrusters	5 leg lifts	25 situps
15 burpees	50 jumping jacks	30 scissor kicks	1 lap of lunges	5 Handstand Pushups
50 block jumps	rope climb	FREE	12 candlesticks	2 minutes of Mountain Climbers
20 jump squats	5 pull up	20 squats	2 minute plank holds	25 v-ups
2 minute Wall sits	15 arm raises	30 up/down planks	spiderman across floor (1)	15 push ups

B	I	N	G	O
rope climb	1 lap of lunges	5 leg lifts	15 burpees	30 scissor kicks
15 thrusters	spiderman across floor (1)	25 situps	15 arm raises	5 Handstand Pushups
20 jump squats	12 candlesticks	FREE	2 minutes of Mountain Climbers	1 Press
2 minute plank holds	30 up/down planks	Knee pushups	15 push ups	5 pull up
20 squats	25 v-ups	50 block jumps	50 jumping jacks	2 minute Wall sits

B	I	N	G	O
15 arm raises	30 up/down planks	1 lap of lunges	25 v-ups	12 candlesticks
Knee pushups	20 jump squats	20 squats	50 jumping jacks	25 situps
50 block jumps	15 push ups	FREE	5 pull up	2 minute plank holds
rope climb	5 Handstand Pushups	5 leg lifts	spiderman across floor (1)	15 thrusters
2 minutes of Mountain Climbers	1 Press	30 scissor kicks	15 burpees	2 minute Wall sits