

B	I	N	G	O
30 push press	10 90/90 ea	10 single leg deads ea	20 squat press	15 sumo to front raise
10 pushups	30 KB sumos	20 dips	10 get ups	20 skaters ea
30 lunges	50 mountain climbers	FREE	10 manmakers	15 bum lifts
15 burpees	25 heel taps each	15 frog jumps	15 KB Bent row each	20 dead bugs ea
10 up downs	10 plank walks	20 pop squats	80 step ups	10 pushups

B	I	N	G	O
50 mountain climbers	10 get ups	20 squat press	10 pushups	20 dips
10 single leg deads ea	80 step ups	15 sumo to front raise	10 plank walks	20 skaters ea
15 burpees	10 manmakers	FREE	15 bum lifts	10 90/90 ea
15 KB Bent row each	20 pop squats	30 push press	10 pushups	25 heel taps each
15 frog jumps	20 dead bugs ea	30 lunges	30 KB sumos	10 up downs

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10 plank walks	20 pop squats	10 get ups	20 dead bugs ea	10 manmakers
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30 lunges	10 pushups	FREE	25 heel taps each	15 KB Bent row each
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15 bum lifts	10 90/90 ea	20 dips	10 pushups	10 up downs