

B	I	N	G	O
50 skips	1 km on bike	10 plank steps	20 surprises	20 l r dribbles
10 icky shuffles	50 db crosses	20 netball passes	10 band pull ups	20 situp passes
30 dead bugs	50 step ups	FREE	10 burpees on step	15 back extensions
20 change direction catch	20 touch ground catch	20 duck walks	10 step down jump catch ea	20 mountain climbers
10 pushups	10 frog jump passes	20 plank rolls w stepover	run to playground & back	10 mb slams

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