

B	I	N	G	O
5 Push Ups	10 Heel Raises	10 Lunges	5 Burpees	10 Toe Touches
10 Hops Straight Up	5 Neck Rolls	15 Seconds Jog In Place	10 Hop Side To Side	30 Seconds Jog In Place
5 Jumping Jacks	5 Squats	FREE	10 Hops On Left Leg	10 Shoulder Shrugs
10 Sit Ups	5 Hops Straight Up	10 Squats	10 Right Side Lunges	15 Jumping Jacks
10 Neck Rolls	10 Hops On Right Leg	20 Hops Straight Up	5 Squats	10 Left Side Lunges

B	I	N	G	O
5 Squats	10 Hop Side To Side	5 Burpees	10 Hops Straight Up	15 Seconds Jog In Place
10 Lunges	5 Squats	10 Toe Touches	10 Hops On Right Leg	30 Seconds Jog In Place
10 Sit Ups	10 Hops On Left Leg	FREE	10 Shoulder Shrugs	10 Heel Raises
10 Right Side Lunges	20 Hops Straight Up	5 Push Ups	10 Left Side Lunges	5 Hops Straight Up
10 Squats	15 Jumping Jacks	5 Jumping Jacks	5 Neck Rolls	10 Neck Rolls

B	I	N	G	O
10 Hops On Right Leg	20 Hops Straight Up	10 Hop Side To Side	15 Jumping Jacks	10 Hops On Left Leg
5 Push Ups	10 Sit Ups	10 Squats	5 Neck Rolls	10 Toe Touches
5 Jumping Jacks	10 Left Side Lunges	FREE	5 Hops Straight Up	10 Right Side Lunges
5 Squats	30 Seconds Jog In Place	5 Burpees	5 Squats	10 Lunges
10 Shoulder Shrugs	10 Heel Raises	15 Seconds Jog In Place	10 Hops Straight Up	10 Neck Rolls