

B	I	N	G	O
30 Seconds Jumping Jacks	10 Burpees	10 Push-Ups	3 sets of 10 chest press	15 Squats
10 Push Ups	30 Second Plank	20 Medicine Ball Slams	10 Incline Push Ups	3 Sets of 10 one arm rows
30 Second Mountain Climber	30 seconds battle ropes	FREE	10 Jumping Jacks	10 Side Lunges to the Left
10 Squats	30 Second Battle Ropes	15 Jumping Jacks	10 Side Lunges Right	20 Crunches
10 Push-ups	10 Plank Up Downs	3 Sets 10 DB incline press	5 Minutes on a cardio machine	10 Push Ups

B	I	N	G	O
30 seconds battle ropes	10 Incline Push Ups	3 sets of 10 chest press	10 Push Ups	20 Medicine Ball Slams
10 Push-Ups	5 Minutes on a cardio machine	15 Squats	10 Plank Up Downs	3 Sets of 10 one arm rows
10 Squats	10 Jumping Jacks	FREE	10 Side Lunges to the Left	10 Burpees
10 Side Lunges Right	3 Sets 10 DB incline press	30 Seconds Jumping Jacks	10 Push Ups	30 Second Battle Ropes
15 Jumping Jacks	20 Crunches	30 Second Mountain Climber	30 Second Plank	10 Push-ups

B	I	N	G	O
10 Plank Up Downs	3 Sets 10 DB incline press	10 Incline Push Ups	20 Crunches	10 Jumping Jacks
30 Seconds Jumping Jacks	10 Squats	15 Jumping Jacks	30 Second Plank	15 Squats
30 Second Mountain Climber	10 Push Ups	FREE	30 Second Battle Ropes	10 Side Lunges Right
30 seconds battle ropes	3 Sets of 10 one arm rows	3 sets of 10 chest press	5 Minutes on a cardio machine	10 Push-Ups
10 Side Lunges to the Left	10 Burpees	20 Medicine Ball Slams	10 Push Ups	10 Push-ups