

B	I	N	G	O
Jog 2 laps	10 lunges	15 jumping jacks	Bear crawl 1 lap	5 push ups
10 superheroes	Jog 1 lap	6 push ups	10 mountain climbers	8 rocket blasters
High 5 five classmates	Low 5 five classmates	FREE	10 second plank	20 high knees
20 line hops	Gallop 1 lap	5 burpees	15 second wall sit	6 jump squats
15 scissor kicks	10 shoulder taps	8 curl ups	Skip 1 lap	12 Frankenstein kicks

B	I	N	G	O
Low 5 five classmates	10 mountain climbers	Bear crawl 1 lap	10 superheroes	6 push ups
15 jumping jacks	Skip 1 lap	5 push ups	10 shoulder taps	8 rocket blasters
20 line hops	10 second plank	FREE	20 high knees	10 lunges
15 second wall sit	8 curl ups	Jog 2 laps	12 Frankenstein kicks	Gallop 1 lap
5 burpees	6 jump squats	High 5 five classmates	Jog 1 lap	15 scissor kicks

B	I	N	G	O
10 shoulder taps	8 curl ups	10 mountain climbers	6 jump squats	10 second plank
Jog 2 laps	20 line hops	5 burpees	Jog 1 lap	5 push ups
High 5 five classmates	12 Frankenstein kicks	FREE	Gallop 1 lap	15 second wall sit
Low 5 five classmates	8 rocket blasters	Bear crawl 1 lap	Skip 1 lap	15 jumping jacks
20 high knees	10 lunges	6 push ups	10 superheroes	15 scissor kicks