

B	I	N	G	O
30 Second Wall Sit	1 Lap	10 Jumping Jacks	15 Jumping Jacks	10 Squats
10 Hops Straight up	30 Second Wall Sit	10 Toe Touches	1 Lap	15 Jumping Jacks
20 Large Arm Circles	5 Push-ups	FREE	10 Burpees	10 Push-Ups
10 Squats	20 Large Arm Circles	10 Squats	10 Push-Ups	10 Squats
10 Jumping Jacks	10 Burpees	10 Toe Touches	5 Push-ups	10 Hops Straight up

B	I	N	G	O
5 Push-ups	1 Lap	15 Jumping Jacks	10 Hops Straight up	10 Toe Touches
10 Jumping Jacks	5 Push-ups	10 Squats	10 Burpees	15 Jumping Jacks
10 Squats	10 Burpees	FREE	10 Push-Ups	1 Lap
10 Push-Ups	10 Toe Touches	30 Second Wall Sit	10 Hops Straight up	20 Large Arm Circles
10 Squats	10 Squats	20 Large Arm Circles	30 Second Wall Sit	10 Jumping Jacks

B	I	N	G	O
10 Burpees	10 Toe Touches	1 Lap	10 Squats	10 Burpees
30 Second Wall Sit	10 Squats	10 Squats	30 Second Wall Sit	10 Squats
20 Large Arm Circles	10 Hops Straight up	FREE	20 Large Arm Circles	10 Push-Ups
5 Push-ups	15 Jumping Jacks	15 Jumping Jacks	5 Push-ups	10 Jumping Jacks
10 Push-Ups	1 Lap	10 Toe Touches	10 Hops Straight up	10 Jumping Jacks