

B	I	N	G	O
Tuck Ups	Arch Ups	Hip Lifts	Shoulder Touch	Perfect Pushup
Free	Tuck Jumps	Right Leg Balance	Burpees	Scissors
Touch your toes	Wall Push Ups	FREE	Candle Stick Jump	Left Side Plank
Lunge Kicks	Straddle Ups	Mountain Climbers	Left Leg Balance	Plank Hold
Jumping Squat Jump	Dips	Right Side Plank	Wall Sit (1 min)	Frog Jumps

B	I	N	G	O
Wall Push Ups	Burpees	Shoulder Touch	Free	Right Leg Balance
Hip Lifts	Wall Sit (1 min)	Perfect Pushup	Dips	Scissors
Lunge Kicks	Candle Stick Jump	FREE	Left Side Plank	Arch Ups
Left Leg Balance	Right Side Plank	Tuck Ups	Frog Jumps	Straddle Ups
Mountain Climbers	Plank Hold	Touch your toes	Tuck Jumps	Jumping Squat Jump

B	I	N	G	O
Dips	Right Side Plank	Burpees	Plank Hold	Candle Stick Jump
Tuck Ups	Lunge Kicks	Mountain Climbers	Tuck Jumps	Perfect Pushup
Touch your toes	Frog Jumps	FREE	Straddle Ups	Left Leg Balance
Wall Push Ups	Scissors	Shoulder Touch	Wall Sit (1 min)	Hip Lifts
Left Side Plank	Arch Ups	Right Leg Balance	Free	Jumping Squat Jump