

B	I	N	G	O
5 Squats	1 Lap of the Blacktop	10 Jumping Jacks	20 Jumping Jacks	10 Star Jumps
10 Forward Lunges	5 Snow Angels	10 Supermans	10 Bicycle Crunches	20 Heel Raises
5 Pushups	5 V-situps	FREE	10 Bird Dogs	10 Single Heel Raises
10 Elbow to Knees	10 Speed Skaters	20 Windmills	10 Squats	5 Burpees
10 Side Lunges	10 Straight Up Hops	10 Mountain Climbers	10 Donkey Kicks	20 Fire hydrants

B	I	N	G	O
5 V-situps	20 Windmills	20 Heel Raises	20 Fire hydrants	5 Burpees
10 Bird Dogs	10 Elbow to Knees	10 Star Jumps	10 Forward Lunges	10 Straight Up Hops
10 Bicycle Crunches	10 Side to Side Hops	FREE	1 Lap of the Blacktop	10 Squats
5 Squats	10 Donkey Kicks	Hold a Plank	20 Jumping Jacks	10 Supermans
10 Jumping Jacks	10 Single Heel Raises	10 Speed Skaters	10 Side Lunges	5 Snow Angels

B	I	N	G	O
10 Forward Lunges	5 Burpees	10 Speed Skaters	20 Jumping Jacks	1 Lap of the Blacktop
5 V-situps	20 Heel Raises	10 Jumping Jacks	10 Elbow to Knees	10 Straight Up Hops
10 Single Heel Raises	10 Side to Side Hops	FREE	10 Bird Dogs	10 Bicycle Crunches
10 Donkey Kicks	5 Pushups	10 Star Jumps	10 Mountain Climbers	20 Fire hydrants
5 Snow Angels	5 Squats	10 Squats	10 Side Lunges	10 Front and Back Hops