B	I	N	G	O
5 Squats	1 Lap Can Openers	1 Lap Bear Walks	10 Elbow to Knees	20 Fire hydrants
10 Single Heel Raises	10 Bird Dogs	5 Pushups	10 Star Jumps	5 Burpees
1 Lap Quad Stretches	10 Mountain Climbers	**FREE**	10 Bicycle Crunches	10 Side Lunges
20 Jumping Jacks	10 Side to Side Hops	10 Supermans	20 Windmills	10 Front and Back Hops
10 Forward Lunges	10 Speed Skaters	1 Lap Toe Sweeps	10 Squats	1 Lap Crab walks

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B	I	N	G	O
5 Burpees	1 Lap Toe Sweeps	20 Heel Raises	10 Mountain Climbers	1 Lap Quad Stretches
10 Side Lunges	5 Pushups	1 Lap Can Openers	5 Squats	10 Star Jumps
20 Fire hydrants	10 Speed Skaters	**FREE**	1 Lap Crab walks	10 Squats
10 Bird Dogs	10 Elbow to Knees	10 Straight Up Hops	5 V-situps	20 Jumping Jacks
10 Bicycle Crunches	10 Supermans	1 Lap Bear Walks	10 Single Heel Raises	5 Snow Angels

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B	I	N	G	O
1 Lap Toe Sweeps	Hold a Plank	5 V-situps	10 Bird Dogs	1 Lap Crab walks
20 Heel Raises	10 Star Jumps	10 Donkey Kicks	1 Lap Can Openers	5 Squats
10 Single Heel Raises	10 Bicycle Crunches	**FREE**	20 Fire hydrants	10 Side Lunges
10 Elbow to Knees	10 Squats	10 Mountain Climbers	10 Forward Lunges	10 Supermans
5 Snow Angels	10 Bridges	20 Jumping Jacks	10 Side to Side Hops	1 Lap Bear Walks

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