

B	I	N	G	O
50 frog jumps	10 chin ups	25 candlestick straight jump	45 second hollow hold	30 calf raisers
20 burpees	45 second right side plank	30 lemon squeezer s	10 leg lifts	35 sit ups
45 second reverse plank	50 jumping jacks	FREE	10 press handstands from stand	25 push ups
25 tuck jumps on a mat	45 second left side plank	25 v ups	25 mountain climbers	30 hollow rocks
25 floor pullovers	20 Hershey kiss push ups	30 straight leg sit ups	one minute plank	20 pistol squats each leg

B	I	N	G	O
50 jumping jacks	10 leg lifts	45 second hollow hold	20 burpees	30 lemon squeezer s
25 candlestick straight jump	one minute plank	30 calf raisers	20 Hershey kiss push ups	35 sit ups
25 tuck jumps on a mat	10 press handstands from stand	FREE	25 push ups	10 chin ups
25 mountain climbers	30 straight leg sit ups	50 frog jumps	20 pistol squats each leg	45 second left side plank
25 v ups	30 hollow rocks	45 second reverse plank	45 second right side plank	25 floor pullovers

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20 Hershey kiss push ups	30 straight leg sit ups	10 leg lifts	30 hollow rocks	10 press handstands from stand
50 frog jumps	25 tuck jumps on a mat	25 v ups	45 second right side plank	30 calf raisers
45 second reverse plank	20 pistol squats each leg	FREE	45 second left side plank	25 mountain climbers
50 jumping jacks	35 sit ups	45 second hollow hold	one minute plank	25 candlestick straight jump
25 push ups	10 chin ups	30 lemon squeezer s	20 burpees	25 floor pullovers