

B	I	N	G	O
Run 20 laps	10 ninja tuck jump back tuck	100 jump ropes	50 lunge jumps	5 sets (3) glides
10 ro bhs	Hs walk fwd bwd	50 Superman lifts	10 press Hs against mat	50 jumping jacks
High tippy toe walks around the floor	Slider walks 2(fwd/bwd)	FREE	10 pull-ups fwd/bwd	3(10) pike ups stop at pike
3(30 sec Hs)	50 sit ups	3(30) sec hollow body holds	25 v ups	5(10) pushups
15 box jumps	10 pullovers Bars	50 chicken walks	Straddle beam walks 2(bwd/fwd)	10 standing bhs

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100 jump ropes	Straddle beam walks 2(bwd/fwd)	5 sets (3) glides	10 pullovers Bars	50 jumping jacks
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