

B	I	N	G	O
30 Seconds Jog in Place	10 Alt. Forwards Lunges	10 Hops Straight up	10 Tuck Jumps	10 Side Lunges to the Left
10 Frog Jumps	20 High Knees	10 Single Heel Raises	10 Alt. Lunges Backwards	10 Toe Touches
20 Heel Raises	5 Push-ups	FREE	10 Burpees	10 Mountain Climbers
10 Push-Ups	15 Jumping Jacks	10 Side Lunges Right	10 Leg Lifts	10 Side To Side Hops
10 Jumping Jacks	10 Elbow to Knees	10 Squats	5 Squats	10 Hand Release Push-Ups

B	I	N	G	O
5 Push-ups	10 Alt. Lunges Backwards	10 Tuck Jumps	10 Frog Jumps	10 Single Heel Raises
10 Hops Straight up	5 Squats	10 Side Lunges to the Left	10 Elbow to Knees	10 Toe Touches
10 Push-Ups	10 Burpees	FREE	10 Mountain Climbers	10 Alt. Forwards Lunges
10 Leg Lifts	10 Squats	30 Seconds Jog in Place	10 Hand Release Push-Ups	15 Jumping Jacks
10 Side Lunges Right	10 Side To Side Hops	20 Heel Raises	20 High Knees	10 Jumping Jacks

B	I	N	G	O
10 Elbow to Knees	10 Squats	10 Alt. Lunges Backwards	10 Side To Side Hops	10 Burpees
30 Seconds Jog in Place	10 Push-Ups	10 Side Lunges Right	20 High Knees	10 Side Lunges to the Left
20 Heel Raises	10 Hand Release Push-Ups	FREE	15 Jumping Jacks	10 Leg Lifts
5 Push-ups	10 Toe Touches	10 Tuck Jumps	5 Squats	10 Hops Straight up
10 Mountain Climbers	10 Alt. Forwards Lunges	10 Single Heel Raises	10 Frog Jumps	10 Jumping Jacks