

B	I	N	G	O
Walking step	2 min ab workout	Curtsy Lunges	Skaters	Overhead press
Burpee	Tricep Dips	Plie Squats	Bent-over rows	Side Lunges (each leg counted)
Step-ups	Wall Squats (1 min.)	FREE	Bicycle Crunches	Hip bridges
Jumping Jacks	Squats	Mountain Climbers	Hamstring Curl	Planks (1 min.)
Frog Jumps	Bridges	Push-ups	walk outs	Crunches

B	I	N	G	O
Wall Squats (1 min.)	Bent-over rows	Skaters	Burpee	Plie Squats
Curtsy Lunges	walk outs	Overhead press	Bridges	Side Lunges (each leg counted)
Jumping Jacks	Bicycle Crunches	FREE	Hip bridges	2 min ab workout
Hamstring Curl	Push-ups	Walking step	Crunches	Squats
Mountain Climbers	Planks (1 min.)	Step-ups	Tricep Dips	Frog Jumps

B	I	N	G	O
Bridges	Push-ups	Bent-over rows	Planks (1 min.)	Bicycle Crunches
Walking step	Jumping Jacks	Mountain Climbers	Tricep Dips	Overhead press
Step-ups	Crunches	FREE	Squats	Hamstring Curl
Wall Squats (1 min.)	Side Lunges (each leg counted)	Skaters	walk outs	Curtsy Lunges
Hip bridges	2 min ab workout	Plie Squats	Burpee	Frog Jumps