

B	I	N	G	O
25 squat to knee lift	1 min Plank	15 knee tuck jumps	25 reverse crunches	25 butt kickers
15 Tricep Dips	25 sit ups	25 jump squats	1 min reverse plank	25 mountain climbers(both sides=1)
25 side to side shuffles	25 squats	FREE	1 min side plank	15 tricep push ups
25 Jumping Jacks	25 side lunges	25 bridges	15 skaters	25 high knees
15 push ups	15 Burpees	25 lunges each side	25 squats	15 burpees

B	I	N	G	O
25 squats	1 min reverse plank	25 reverse crunches	15 Tricep Dips	25 jump squats
15 knee tuck jumps	25 squats	25 butt kickers	15 Burpees	25 mountain climbers(both sides=1)
25 Jumping Jacks	1 min side plank	FREE	15 tricep push ups	1 min Plank
15 skaters	25 lunges each side	25 squat to knee lift	15 burpees	25 side lunges
25 bridges	25 high knees	25 side to side shuffles	25 sit ups	15 push ups

B	I	N	G	O
15 Burpees	25 lunges each side	1 min reverse plank	25 high knees	1 min side plank
25 squat to knee lift	25 Jumping Jacks	25 bridges	25 sit ups	25 butt kickers
25 side to side shuffles	15 burpees	FREE	25 side lunges	15 skaters
25 squats	25 mountain climbers(both sides=1)	25 reverse crunches	25 squats	15 knee tuck jumps
15 tricep push ups	1 min Plank	25 jump squats	15 Tricep Dips	15 push ups