

B	I	N	G	O
40 mountain climbers	1 min high knees	10 push-ups	20 calf raises	15 sit-ups
10 left leg donkey kicks	30 seconds side plank	15 triceps dips	1 min plank	30 seconds scissor kicks
5 sprints up driveway	1 min wall sit	15 hip thrusters	15 left leg step ups	30 bicycle crunches
15 right leg step ups	15 tuck jumps	10 right leg donkey kicks	15 squats	10 burpees
20 star-jumps	10 lunges each leg	Run around the block	10 plank to push-up	10 superman

B	I	N	G	O
5 sprints up driveway	1 min wall sit	30 seconds scissor kicks	1 min plank	10 burpees
10 plank to push-up	30 bicycle crunches	15 hip thrusts	15 sit-ups	15 tuck jumps
10 left leg donkey kicks	10 push-ups	15 triceps dips	15 squats	40 mountain climbers
15 right leg step ups	10 lunges each leg	30 seconds side plank	10 right leg donkey kicks	20 calf raises
20 star-jumps	Run around the block	10 superman	1 min high knees	15 left leg step ups

B	I	N	G	O
30 bicycle crunches	15 squats	10 lunges each leg	10 plank to push-up	10 right leg donkey kicks
10 burpees	10 superman	10 left leg donkey kicks	15 hip thrusts	40 mountain climbers
15 right leg step ups	20 star-jumps	15 triceps dips	1 min wall sit	30 seconds side plank
5 sprints up driveway	15 tuck jumps	Run around the block	1 min plank	1 min high knees
15 left leg step ups	30 seconds scissor kicks	20 calf raises	10 push-ups	15 sit-ups