

B	I	N	G	O
20 ski jumps	10 arm circles	10 situps	20 forward lunges	15 jumping jacks
10 push ups	20 shoulder shrugs	15 scissor steps	10 hops on left foot	20 back lunges
20 mountain climbers	20 star jumps	FREE	10 hops on right foot	15 burpees
15 crab push ups	20 knee strikes	15 frog jumps	15 arm punches	15 jumping rope
10 tuck jumps	10 left leg karate kicks	15 skips in a circle	20 toe taps	10 right leg karate kicks

B	I	N	G	O
20 star jumps	10 hops on left foot	20 forward lunges	10 push ups	15 scissor steps
10 situps	20 toe taps	15 jumping jacks	10 left leg karate kicks	20 back lunges
15 crab push ups	10 hops on right foot	FREE	15 burpees	10 arm circles
15 arm punches	15 skips in a circle	20 ski jumps	10 right leg karate kicks	20 knee strikes
15 frog jumps	15 jumping rope	20 mountain climbers	20 shoulder shrugs	10 tuck jumps

B	I	N	G	O
10 left leg karate kicks	15 skips in a circle	10 hops on left foot	15 jumping rope	10 hops on right foot
20 ski jumps	15 crab push ups	15 frog jumps	20 shoulder shrugs	15 jumping jacks
20 mountain climbers	10 right leg karate kicks	FREE	20 knee strikes	15 arm punches
20 star jumps	20 back lunges	20 forward lunges	20 toe taps	10 situps
15 burpees	10 arm circles	15 scissor steps	10 push ups	10 tuck jumps