

B	I	N	G	O
Tuck jumps	Back arches	Front dish	Sit ups	Plank
Calf raises	Talk to your friend	Run around the gym	Back dish	Straight jumps
V-sit rolls	Bridging	Leg lifts	Lunges	Star jumps
Mountain climbers	Side plank	Handstands	Press ups	Burpees
Squats	Crunchies	V-sits	Exploding star jumps	High knees

B	I	N	G	O
V-sit rolls	Bridging	Straight jumps	Back dish	Burpees
Exploding star jumps	Star jumps	Leg lifts	Plank	Side plank
Calf raises	Front dish	Run around the gym	Press ups	Tuck jumps
Mountain climbers	Crunchies	Talk to your friend	Handstands	Sit ups
Squats	V-sits	High knees	Back arches	Lunges

B	I	N	G	O
Star jumps	Press ups	Crunchies	Exploding star jumps	Handstands
Burpees	High knees	Calf raises	Leg lifts	Tuck jumps
Mountain climbers	Squats	Run around the gym	Bridging	Talk to your friend
V-sit rolls	Side plank	V-sits	Back dish	Back arches
Lunges	Straight jumps	Sit ups	Front dish	Plank