

B	I	N	G	O
8 Laying Down Leg Lifts	10 Burpees	2 Chin-Ups	6 Lemon Squeezers	4 Tricep Dips
10 Straight Jumps	8 Handstand Shoulder Taps	6 Elbow Elbow Hand Hands	10 Jumping Jacks	8 Arch Ups
8 Penguin Taps	10 Lunges	4 Box Jumps	4 Push-Ups	6 Tuck Jumps
4 Run Touch Lines	6 Glute Bridges	2 Leg Lifts	4 V-Ups	10 Squats
6 Mountain Climbers	2 Back Extensions	8 Plank Jacks	2 Bear Runs	2 Straddle Up Handstands

B	I	N	G	O
8 Penguin Taps	10 Lunges	8 Arch Ups	10 Jumping Jacks	10 Squats
2 Bear Runs	6 Tuck Jumps	4 Box Jumps	4 Tricep Dips	6 Glute Bridges
10 Straight Jumps	2 Chin-Ups	6 Elbow Elbow Hand Hands	4 V-Ups	8 Laying Down Leg Lifts
4 Run Touch Lines	2 Back Extensions	8 Handstand Shoulder Taps	2 Leg Lifts	6 Lemon Squeezers
6 Mountain Climbers	8 Plank Jacks	2 Straddle Up Handstands	10 Burpees	4 Push-Ups

B	I	N	G	O
6 Tuck Jumps	4 V-Ups	2 Back Extensions	2 Bear Runs	2 Leg Lifts
10 Squats	2 Straddle Up Handstands	10 Straight Jumps	4 Box Jumps	8 Laying Down Leg Lifts
4 Run Touch Lines	6 Mountain Climbers	6 Elbow Elbow Hand Hands	10 Lunges	8 Handstand Shoulder Taps
8 Penguin Taps	6 Glute Bridges	8 Plank Jacks	10 Jumping Jacks	10 Burpees
4 Push-Ups	8 Arch Ups	6 Lemon Squeezers	2 Chin-Ups	4 Tricep Dips