B	I	N	G	O
Dance through	10 V-Ups	2 slider rows	5 full turns	4 front tuck up to mat
2 2nd pass	Dance through	4 split jumps up to mat	10 jump rope	5 Burpees
Dance through	Dance through	**FREE**	10 jumping jacks	3 2nd pass
3 leap pass	5 split jump up to mat	3 leaps up to mat from knee	3 1st pass	4 leaps up to mat
20 hula hoops	2 1st pass	4 you pick	Routine	2 leap pass

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B	I	N	G	O
Dance through	10 jump rope	5 full turns	2 2nd pass	4 split jumps up to mat
2 slider rows	Routine	4 front tuck up to mat	2 1st pass	5 Burpees
3 leap pass	10 jumping jacks	**FREE**	3 2nd pass	10 V-Ups
3 1st pass	4 you pick	Dance through	2 leap pass	5 split jump up to mat
3 leaps up to mat from knee	4 leaps up to mat	Dance through	Dance through	20 hula hoops

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B	I	N	G	O
2 1st pass	4 you pick	10 jump rope	4 leaps up to mat	10 jumping jacks
Dance through	3 leap pass	3 leaps up to mat from knee	Dance through	4 front tuck up to mat
Dance through	2 leap pass	**FREE**	5 split jump up to mat	3 1st pass
Dance through	5 Burpees	5 full turns	Routine	2 slider rows
3 2nd pass	10 V-Ups	4 split jumps up to mat	2 2nd pass	20 hula hoops

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