

B	I	N	G	O
40s plank	10 crunches	20 jumping jacks	30 squats	25 jumping jacks
15 push ups	40s high knee	30 jumping jacks	10 crunches	30 lunges
30s plank	40s side plank	FREE	10 push ups	20 squats
15 crunches	20s high knee	30s high knees	20s plank	30s plank
20 jumping jacks	25 squats	20 jumping jacks	10 push ups	30 lunges

B	I	N	G	O
40s side plank	30s high knees	30 lunges	30 lunges	30s plank
10 push ups	15 crunches	25 jumping jacks	15 push ups	25 squats
10 crunches	20 lunges	FREE	10 crunches	20s plank
40s plank	10 push ups	50s side plank	30 squats	30 jumping jacks
20 jumping jacks	20 squats	20s high knee	20 jumping jacks	40s high knee

B	I	N	G	O
15 push ups	30s plank	20s high knee	30 squats	10 crunches
40s side plank	30 lunges	20 jumping jacks	15 crunches	25 squats
20 squats	20 lunges	FREE	10 push ups	10 crunches
10 push ups	30s plank	25 jumping jacks	20 jumping jacks	30 lunges
40s high knee	40s plank	20s plank	20 jumping jacks	15 push ups