

B	I	N	G	O
50 Toe raises	10 elevator push ups (hold 5 seconds at bottom)	1 minute fifer holds	15 inchworm push ups	40 lemon squeezer s
25 exploding squat jumps	12 star crunches 1:1	50 Penguins	30 butt ups	100 arm circles
40 chair squats	5 triangle regular wide regular triangle push ups	FREE	50 arch lifts	100 small arm lifts
30 Toe touches	25 Squats	50 Hollow rocks	25 V-ups	40 tricep dips
25 candlestick tuck jumps	30 crunches	20 Lunge jumps 1:1	15 windshield wipers	25 wall walks 1:1

B	I	N	G	O
25 V-ups	15 pike push ups	100 small arm lifts	12 elevated push ups 1:1	30 Toe touches
25 squat walks 1:1	25 exploding squat jumps	100 arm circles	50 Hollow rocks	40 lemon squeezer s
20 push ups	25 Squats	FREE	50 Penguins	50 arch lifts
10 elevator push ups (hold 5 seconds at bottom)	25 wall walks 1:1	12 star crunches 1:1	30 crunches	50 jumping jacks
40 plank jacks	40 chair squats	30 butt ups	40 tricep dips	12 single leg candlestick jumps 1:1

B	I	N	G	O
30 crunches	25 squat walks 1:1	12 star crunches 1:1	40 chair squats	25 wall walks 1:1
10 elevator push ups (hold 5 seconds at bottom)	20 push ups	1 minute fifer holds	25 exploding squat jumps	50 Toe raises
12 elevated push ups 1:1	7 vacuum cleaner push ups	FREE	50 jumping jacks	15 Squat kicks 1:1
100 arm circles	40 lemon squeezer s	30 Toe touches	15 burpees with push up	50 arch lifts
12 single leg candlestick jumps 1:1	25 V-ups	15 inchworm push ups	100 small arm lifts	15 windshield wipers