



B	I	N	G	O
20 seconds WALL RUN	5 INCHWORMS	10 SUPERMANS	15 JUMPING JACKS	15 ARM CIRCLES
12 SQUATS	13 CALF RAISES WITH ARMS OVERHEAD	16 MOUNTAIN CLIMBERS	8 FORWARD LUNGES	10 seconds per side SIDE PLANKS
20 seconds PLANK	14 BRIDGES	FREE	6 BURPEES	11 RUSSIAN TWISTS
7 PUSH UPS	12 TOE TOUCHES	7 per side LATERAL LUNGES	7 TRICEP DIPS	13 PLANK JACKS
10 TORSO TWISTS	11 CROSS COUNTRY SKIERS	15 BICYCLES	8 per side FIRE HYDRANTS	14 SKATER JUMPS