



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