



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