



BINGO



10 Pushups	20 Situps	35 Jumping Jacks	15 Mountain Climbers	30 Second Plank
25 Lunges	50 Hops on One Leg	15 Second Superman Pose	10 Burpees	40 Bicycles
1 Minute Run in Place	20 Squats	FREE	45 Second Leg Raise	15 Dips
20 Second Side Plank Left	35 Jumping Jacks	20 Second Side Plank Right	15 Squat Jumps	10 Pushups
60 Second Wall Sit	50 High Knees	20 Situps	20 Squats	30 Toe Touches