

B	I	N	G	O
10 Circles (each leg)	10 Lateral Bear Crawls	30 sec High Knees	10 Reverse Lunges (each leg)	10 Pushups
10 Firehydra nts (each leg)	10 Side V-Ups (each leg)	30 sec Butt Kickers	10 Sumo Squats	10 Tricep Pushups
10 Flamingo s (each leg)	20 Lemon Squeezer s	FREE	10 Gorillas	10 Tricep Dips
10 Leg Taps (each leg)	20 Sit Ups	30 sec Cross Jumprope	10 Duck Walks	10 Handstan d Pushups
10 Bridges	10 Inch worms	30 sec Football Run	10 Squats	10 Crab Dip leg lifts