

# B I N G O

5 shoulder rolls	10 toe jacks	5 side lunges	10 Up/Down Planks	10 donkey kicks
10 high kicks	10 crunches	10 scissor kicks	30 jog on the spot	10 arm raises
10 star crunches	5 jumping jacks	<b>Free!</b>	10 toe touches	5 burpees
5 Russian twists	10 second imaginary rope	10 side to side jumps	5 sumo squats	5 squat jumps
5 push ups	5 lunges	10 torso twists	10 mountain climbers	5 plank jacks