

B	I	N	G	O
20 Jumping Jacks	10 Push Ups	20 Alt Kicks	20 Alt Punches	20 Mountain Climbers
10 Jabs	10 Leg Lifts	10 Burpees	10 Round Kicks	20 Jab/ Cross/ Hook
10 Sit Ups	10 Front Kicks	FREE	40 Alt Kicks	20 Push Ups
8 Blocks	5 Super Jacks	10 Side Kicks	20 Squats	10 Back Leg Front Kicks
10 Hook Kicks	10 Jab/ Cross	1 Min Plank	60 Alt Punches	6 chops

B	I	N	G	O
20 Alt Punches	40 Alt Kicks	8 Blocks	10 Jabs	5 Super Jacks
10 Side Kicks	10 Round Kicks	20 Alt Kicks	10 Back Leg Front Kicks	10 Leg Lifts
20 Jumping Jacks	10 Jab/ Cross	20 Jab/ Cross/ Hook	10 Hook Kicks	FREE
20 Mountain Climbers	10 Burpees	60 Alt Punches	10 Push Ups	1 Min Plank
10 Front Kicks	20 Squats	20 Push Ups	6 chops	10 Sit Ups

B	I	N	G	O
10 Round Kicks	10 Back Leg Front Kicks	10 Sit Ups	10 Jab/ Cross	6 chops
8 Blocks	20 Alt Punches	10 Hook Kicks	20 Jab/ Cross/ Hook	40 Alt Kicks
10 Leg Lifts	1 Min Plank	20 Mountain Climbers	10 Side Kicks	20 Jumping Jacks
5 Super Jacks	20 Alt Kicks	60 Alt Punches	10 Front Kicks	10 Burpees
10 Jabs	20 Push Ups	FREE	20 Squats	10 Push Ups

B	I	N	G	O
10 Push Ups	20 Jab/ Cross/ Hook	10 Jab/ Cross	1 Min Plank	FREE
10 Sit Ups	10 Hook Kicks	60 Alt Punches	20 Push Ups	6 chops
20 Jumping Jacks	10 Leg Lifts	20 Squats	10 Burpees	10 Back Leg Front Kicks
40 Alt Kicks	10 Jabs	20 Alt Punches	8 Blocks	20 Alt Kicks
20 Mountain Climbers	10 Side Kicks	10 Front Kicks	10 Round Kicks	5 Super Jacks

B	I	N	G	O
60 Alt Punches	10 Jab/ Cross	10 Side Kicks	10 Leg Lifts	10 Hook Kicks
FREE	6 chops	5 Super Jacks	20 Push Ups	20 Alt Punches
20 Mountain Climbers	10 Sit Ups	10 Round Kicks	40 Alt Kicks	10 Front Kicks
20 Jab/ Cross/ Hook	10 Burpees	1 Min Plank	10 Push Ups	20 Squats
20 Alt Kicks	8 Blocks	20 Jumping Jacks	10 Back Leg Front Kicks	10 Jabs

B	I	N	G	O
FREE	1 Min Plank	20 Push Ups	60 Alt Punches	20 Alt Kicks
20 Squats	10 Leg Lifts	10 Jab/ Cross	20 Jab/ Cross/ Hook	10 Burpees
10 Push Ups	40 Alt Kicks	8 Blocks	20 Jumping Jacks	10 Side Kicks
10 Back Leg Front Kicks	20 Mountain Climbers	10 Front Kicks	10 Hook Kicks	10 Sit Ups
5 Super Jacks	6 chops	10 Jabs	10 Round Kicks	20 Alt Punches

B	I	N	G	O
20 Squats	10 Push Ups	10 Front Kicks	40 Alt Kicks	20 Push Ups
10 Burpees	10 Sit Ups	10 Jab/ Cross	6 chops	20 Jab/ Cross/ Hook
20 Mountain Climbers	1 Min Plank	10 Side Kicks	10 Back Leg Front Kicks	10 Leg Lifts
10 Round Kicks	20 Jumping Jacks	20 Alt Kicks	FREE	5 Super Jacks
60 Alt Punches	20 Alt Punches	10 Hook Kicks	10 Jabs	8 Blocks

B	I	N	G	O
10 Jab/ Cross	5 Super Jacks	20 Jumping Jacks	20 Mountain Climbers	1 Min Plank
10 Side Kicks	10 Jabs	40 Alt Kicks	10 Round Kicks	10 Push Ups
8 Blocks	20 Push Ups	20 Alt Punches	20 Squats	10 Hook Kicks
20 Alt Kicks	6 chops	20 Jab/ Cross/ Hook	10 Sit Ups	60 Alt Punches
10 Front Kicks	FREE	10 Back Leg Front Kicks	10 Burpees	10 Leg Lifts