

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 Hook/ Uppercut	10 Front Kicks	15 Back Knees	15 Plank Jacks	20 Push Ups
20 Front Kick/ Jab/ Cross	5 Super Jacks	10 Side Kicks	20 Squats	10 Back Leg Front Kicks
10 Hook Kicks	20 Speed Skates	1 Min Plank	60 Alt Punches	6 chops

B	I	N	G	O
5 Side Kick/ Hook Kick	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	15 Back Knees
20 Mountain Climbers	10 Back Kicks *Ground*	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
15 Plank Jacks	20 Alt Punches	10 Hook Kicks	20 Jab/ Cross/ Hook	10 Hook/ Uppercut
20 Front Kick/ Jab/ Cross	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 Jab/ Cross/ Ridge
10 Jabs	20 Push Ups	15 Back Knees	20 Squats	10 Push Ups

B	I	N	G	O
10 Back Kicks *Ground*	20 Jab/ Cross/ Hook	10 Jab/ Cross	1 Min Plank	15 Back Knees
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	20 Speed Skates	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
10 Hook/ Uppercut	10 Jab/ Cross	10 Side Kicks	10 Leg Lifts	10 Hook Kicks
15 Back Knees	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
15 Plank Jacks	8 Blocks	5 Side Kick/ Hook Kick	10 Back Leg Front Kicks	10 Jabs

B	I	N	G	O
15 Back Knees	1 Min Plank	20 Front Kick/ Jab/ Cross	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 Jab/ Cross/ Ridge	10 Hook Kicks	10 Back Kicks *Ground*
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 Speed Skates
10 Burpees	10 Sit Ups	15 Plank Jacks	6 chops	20 Jab/ Cross/ Hook
10 Jab/ Cross/ Ridge	1 Min Plank	10 Side Kicks	10 Back Leg Front Kicks	10 Leg Lifts
10 Round Kicks	20 Jumping Jacks	20 Alt Kicks	15 Back Knees	5 Super Jacks
60 Alt Punches	10 Hook/ Uppercut	10 Hook Kicks	20 Mountain Climbers	8 Blocks

B	I	N	G	O
10 Jab/ Cross	5 Super Jacks	20 Jumping Jacks	20 Mountain Climbers	1 Min Plank
10 Back Kicks *Ground*	10 Jabs	20 Front Kick/ Jab/ Cross	10 Round Kicks	10 Push Ups
8 Blocks	20 Push Ups	20 Alt Punches	20 Squats	10 Hook Kicks
5 Side Kick/ Hook Kick	6 chops	20 Jab/ Cross/ Hook	10 Sit Ups	60 Alt Punches
10 Front Kicks	15 Back Knees	10 Back Leg Front Kicks	10 Burpees	10 Leg Lifts

B	I	N	G	O
1 Min Plank	10 Burpees	20 Push Ups	10 Front Kicks	5 Super Jacks
15 Plank Jacks	20 Squats	10 Back Leg Front Kicks	60 Alt Punches	20 Alt Kicks
10 Jab/ Cross/ Ridge	15 Back Knees	10 Jabs	10 Side Kicks	10 Sit Ups
20 Alt Punches	40 Alt Kicks	10 Jab/ Cross	10 Hook Kicks	10 Push Ups
20 Jumping Jacks	20 Jab/ Cross/ Hook	8 Blocks	10 Leg Lifts	10 Hook/ Uppercut

B	I	N	G	O
5 Super Jacks	10 Hook Kicks	10 Leg Lifts	15 Back Knees	40 Alt Kicks
10 Round Kicks	10 Burpees	10 Front Kicks	20 Alt Punches	1 Min Plank
20 Speed Skates	10 Sit Ups	20 Mountain Climbers	20 Jab/ Cross/ Hook	10 Jabs
10 Push Ups	10 Side Kicks	60 Alt Punches	10 Back Kicks *Ground*	20 Front Kick/ Jab/ Cross
10 Side Kicks	10 Back Leg Front Kicks	20 Jumping Jacks	20 Alt Kicks	20 Push Ups

B	I	N	G	O
20 Alt Punches	10 Hook/ Uppercut	20 Alt Kicks	10 Back Leg Front Kicks	20 Jumping Jacks
20 Jab/ Cross/ Hook	40 Alt Kicks	10 Burpees	6 chops	20 Squats
5 Side Kick/ Hook Kick	15 Plank Jacks	10 Round Kicks	10 Side Kicks	5 Super Jacks
10 Sit Ups	10 Jab/ Cross	15 Back Knees	20 Push Ups	8 Blocks
10 Jabs	10 Front Kicks	1 Min Plank	60 Alt Punches	20 Mountain Climbers

B	I	N	G	O
20 Mountain Climbers	20 Alt Kicks	10 Back Leg Front Kicks	10 Round Kicks	20 Jab/ Cross/ Hook
10 Jab/ Cross	10 Burpees	20 Jumping Jacks	15 Back Knees	10 Leg Lifts
8 Blocks	60 Alt Punches	10 Hook Kicks	20 Alt Punches	10 Jab/ Cross/ Ridge
10 Sit Ups	10 Back Kicks *Ground*	10 Push Ups	10 Jabs	40 Alt Kicks
20 Push Ups	5 Super Jacks	10 Front Kicks	10 Side Kicks	20 Squats