

B	I	N	G	O
60 INVERTED ROWS	5 MINUTES STRAIGHT JUMP ROPE	30 AROUND THE WORLD FLYES ON STABILITY BALL	70 BENT OVER BARBELL ROWS	100 WEIGHTED TRAVELING LUNGES
100 RESISTANCE BAND CROSS OVERS	100 BODY WEIGHT SQUATS	75 REVERSE FLYES	3 MINUTE PLANK	70 STANDING SHOULDER PRESS
50 TRICEPS DIPS	100 STABILITY BALL IN & OUTS	100 BURPEES	30 WEIGHTED STEP-UPS EACH LEG	50 1-ARM ROWS EA. ARM
3 MINUTE WALL SIT	50 CURLS 50 KICKBACKS	70 BARBELL GOODMORNINGS	30 REPS SHOULDER DRILL	50 SKATE HOPS
200 JUMPING JACKS	70 OVERHEAD SLAMS	60 HANG CLEAN & PRESS	50 WIDE GRIP CURLS	60 PUSH-UPS