

B	I	N	G	O
8 High Jumps	1 Minute Plank	10 Mat jump	3x Side bend (R)	20 Secs Twist side to side
10 Hula-hoop hip circles	6 Breaths	30 Calf raise pulse	10 Bear Crawl	3x Side bend (L)
5 Burpees	8 Lunges to the left	FREE	10 Duck Walk	15 Crunches
15 Jumping Jacks	45 secs Run in place	16 V ups	12 Sea-saw Lunges(Step forward & back)	30 Bicycles
10 Roll shoulders switch at half	10 Frog-squat Jumps	30 High knees	8 Lunges to the right	10 Knee Push Ups

B	I	N	G	O
8 Lunges to the left	10 Bear Crawl	3x Side bend (R)	10 Hula-hoop hip circles	30 Calf raise pulse
10 Mat jump	8 Lunges to the right	20 Secs Twist side to side	10 Frog-squat Jumps	3x Side bend (L)
15 Jumping Jacks	10 Duck Walk	FREE	15 Crunches	1 Minute Plank
12 Sea-saw Lunges(Step forward & back)	30 High knees	8 High Jumps	10 Knee Push Ups	45 secs Run in place
16 V ups	30 Bicycles	5 Burpees	6 Breaths	10 Roll shoulders switch at half

B	I	N	G	O
10 Frog-squat Jumps	30 High knees	10 Bear Crawl	30 Bicycles	10 Duck Walk
8 High Jumps	15 Jumping Jacks	16 V ups	6 Breaths	20 Secs Twist side to side
5 Burpees	10 Knee Push Ups	FREE	45 secs Run in place	12 Sea-saw Lunges(Step forward & back)
8 Lunges to the left	3x Side bend (L)	3x Side bend (R)	8 Lunges to the right	10 Mat jump
15 Crunches	1 Minute Plank	30 Calf raise pulse	10 Hula-hoop hip circles	10 Roll shoulders switch at half