

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

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

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