B	I	N	G	O
20 m farmer carry	10 DB snatch	10 jumping jacks	10 sit-ups	10 push press
10 box step	20 m farmer carry	10 push ups	10 DB snatch	10 sit ups
20 m crab walk	10 KB swing	**FREE**	10 push ups	10 jumping squats
10 kcal ski	10 sit-ups	10 kcal ski	10 sit ups	20 m crab walk
10 jumping squats	10 jumping jacks	10 push press	10 KB swing	10 box step

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B	I	N	G	O
10 push ups	10 push press	10 KB swing	20 m crab walk	10 KB swing
10 sit-ups	10 jumping squats	10 kcal ski	20 m farmer carry	10 DB snatch
40 sec plank hold	10 push press	**FREE**	10 box step	10 jumping jacks
10 sit ups	10 sit ups	10 push ups	10 sit-ups	10 box step
10 DB snatch	20 m farmer carry	40 sec plank hold	10 deadlifts	10 jumping jacks

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B	I	N	G	O
10 push ups	10 box step	10 sit ups	10 deadlifts	10 DB snatch
10 DB snatch	40 sec plank hold	40 sec plank hold	10 box step	20 m farmer carry
10 deadlifts	10 sit-ups	**FREE**	10 kcal ski	10 sit ups
10 push press	10 kcal ski	10 jumping squats	10 KB swing	20 m crab walk
10 KB swing	20 m crab walk	10 push press	10 jumping jacks	10 push ups

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