

B	I	N	G	O
5 burpees	10 Split lunges	10 sit ups	30 secs plank	20 squats
10 plank jacks	5 burpees	30 mountain climbers	10 arm circles	45 secs running in place
5 push ups	10 burpees	20 jumping jacks	20 plank jacks	45 secs mountain climbers
20 split jumps	30 plank jacks	15 push ups	25 burpees	10 jump squats
45 secs high knees	10 push ups	5 squats	10 push ups	20 high knees

B	I	N	G	O
5 push ups	10 burpees	45 secs running in place	10 arm circles	10 jump squats
10 push ups	45 secs mountain climbers	20 jumping jacks	20 squats	30 plank jacks
10 plank jacks	10 sit ups	30 mountain climbers	25 burpees	5 burpees
20 split jumps	10 push ups	5 burpees	15 push ups	30 secs plank
45 secs high knees	5 squats	20 high knees	10 Split lunges	20 plank jacks

B	I	N	G	O
45 secs mountain climbers	25 burpees	10 push ups	10 push ups	15 push ups
10 jump squats	20 high knees	10 plank jacks	20 jumping jacks	5 burpees
20 split jumps	45 secs high knees	30 mountain climbers	10 burpees	5 burpees
5 push ups	30 plank jacks	5 squats	10 arm circles	10 Split lunges
20 plank jacks	45 secs running in place	30 secs plank	10 sit ups	20 squats