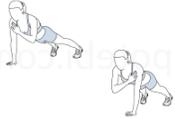
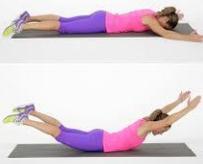


B	I	N	G	O
<p>20 Jumping Jacks</p> 	<p>20 second stretch of your choice</p>	<p>10 Burpees</p> 	<p>20 Mountain Climbers</p> 	<p>30 second wall sit</p> 
<p>10 Push Up</p> 	<p>20 Arm Circles</p> 	<p>20 High Knees</p> 	<p>20 Punches</p> 	<p>20 Jumping Jacks</p> 
<p>20 butt kickers</p> 	<p>20 Forwards Kicks</p> 	<p>20 Lunges</p> 	<p>10 Squats</p> 	<p>20 Arm Circles</p> 
<p>20 Shoulder tap</p> 	<p>20 Bicycle crunches</p> 	<p>20 Second Stretch of your choice</p>	<p>30 second Jog in place</p>	<p>20 second superman</p> 
<p>10 Squat Jumps</p> 	<p>30 Second Plank</p> 	<p>20 Second Leg Raise</p> 	<p>20 Curl ups</p> 	<p>20 Second Stretch of your Choice</p>

Each day of the week create a different BINGO going up, down, across or diagonal. Complete all 5 exercise in the BINGO to the best of your ability.