England – 150 High Knees England – 150 High Knees

Wales – 75 Star Jumps Ireland – 100 Star jumps

Spain – 25 leg raises Canada – 50 sit ups

Morocco – 50 mountain climbers United States – 100 boxing

Brazil – 30 burpees

Zimbabwe – 50 shoulder taps Argentina – 75 Squats

South Africa – 150 heel flicks Fiji – 30 press ups

Pakistan – 40 lunges each leg New Zealand – 40 lunges each leg

Australia – 20 leg raises