

B	I	N	G	O
Straddle Handstand	Body Drop w/ partner	Handstand Pushup	Perfect Pushup	Killers 5-1
Free	Stairs (10)	Ninja Leg Kicks	Burpees	Spiderman Pushup
Butt Ups	Mountain Climbers	Hollow Pushup Hold (1 min)	Squat Hold	Jumping Squat Jump
Shoulder Touch	Jumping Tuck Jumps	Partner Handstand	Heismans 1 2 3	Handstand Shrugs
Lunge Kicks	Candle Stick Jump	Extensions	Pulse	Hip Raisers

B	I	N	G	O
Butt Ups	Hollow Pushup Hold (1 min)	Stairs (10)	Burpees	Straddle Handstand
Squat Hold	Mountain Climbers	Perfect Pushup	Lunge Kicks	Jumping Squat Jump
Killers 5-1	Free	Handstand Pushup	Ninja Leg Kicks	V Pushup
Pulse	Shoulder Touch	Candle Stick Jump	Extensions	Partner Handstand
Hip Raisers	Body Drop w/ partner	Jumping Tuck Jumps	Wall Sit (1 min)	Frog Jumps

B	I	N	G	O
V Pushup	Butt Ups	Pulse	Free	Mountain Climbers
Handstand Hold	Wall Sit (1 min)	Burpees	Straddle Handstand	Jumping Tuck Jumps
Extensions	Perfect Pushup	Hollow Pushup Hold (1 min)	Handstand Pushup	Hip Raisers
Body Drop w/ partner	Handstand Shrugs	Lunge Kicks	Partner Handstand	Stairs (10)
Frog Jumps	Shoulder Touch	Jumping Squat Jump	Spiderman Pushup	Candle Stick Jump