

B	I	N	G	O
Middle Split	10 Frog Jumps	30 second plank	Handstand roll down	Dive Cartwheel
25 Jumping Jacks	Left Split	Free Skill	10 Pushups	Handstand on the wall
Hold 30 second bridge	Right Split	FREE	10 tuck jumps	Bear crawl
Cartwheel	Handstand snap down	Crab walk	Backwards roll	Dive roll
Backbend kick over	15 Sit ups	Front walkover/front limber	Round off	30 mount climbers

B	I	N	G	O
Right Split	10 Pushups	Handstand roll down	25 Jumping Jacks	Free Skill
30 second plank	Round off	Dive Cartwheel	15 Sit ups	Handstand on the wall
Cartwheel	10 tuck jumps	FREE	Bear crawl	10 Frog Jumps
Backwards roll	Front walkover/front limber	Middle Split	30 mount climbers	Handstand snap down
Crab walk	Dive roll	Hold 30 second bridge	Left Split	Backbend kick over

B	I	N	G	O
15 Sit ups	Front walkover/front limber	10 Pushups	Dive roll	10 tuck jumps
Middle Split	Cartwheel	Crab walk	Left Split	Dive Cartwheel
Hold 30 second bridge	30 mount climbers	FREE	Handstand snap down	Backwards roll
Right Split	Handstand on the wall	Handstand roll down	Round off	30 second plank
Bear crawl	10 Frog Jumps	Free Skill	25 Jumping Jacks	Backbend kick over