

B	I	N	G	O
5 burpees	10 Lunge Walks	10 rock and roll to stand	20 seconds hopping	15 seconds dish
10 calf raises	5 Press ups	15 seconds plank	10 Star Jumps	20 Jumping Jacks
30 seconds skipping on the spot	5 crunches	TIGER GYMNASTICS ACADEMY	10 Tuck Jumps	15 Straight Jumps
15 seconds arch	30 seconds running on the spot	15 seconds back support	10 squats	15 seconds front support
10 seconds side support	10 bunny hops	15 seconds v sit hold	5 sit ups	10 mountain climbers

B	I	N	G	O
5 crunches	10 Star Jumps	20 seconds hopping	10 calf raises	15 seconds plank
10 rock and roll to stand	5 sit ups	15 seconds dish	10 bunny hops	20 Jumping Jacks
15 seconds arch	10 Tuck Jumps	TIGER GYMNASTICS ACADEMY	15 Straight Jumps	10 Lunge Walks
10 squats	15 seconds v sit hold	5 burpees	10 mountain climbers	30 seconds running on the spot
15 seconds back support	15 seconds front support	30 seconds skipping on the spot	5 Press ups	10 seconds side support

B	I	N	G	O
10 bunny hops	15 seconds v sit hold	10 Star Jumps	15 seconds front support	10 Tuck Jumps
5 burpees	15 seconds arch	15 seconds back support	5 Press ups	15 seconds dish
30 seconds skipping on the spot	10 mountain climbers	TIGER GYMNASTICS ACADEMY	30 seconds running on the spot	10 squats
5 crunches	20 Jumping Jacks	20 seconds hopping	5 sit ups	10 rock and roll to stand
15 Straight Jumps	10 Lunge Walks	15 seconds plank	10 calf raises	10 seconds side support