

B	I	N	G	O
V-Snaps	Burpees	Handstand Push-Ups	Sit-Ups	Pike Jumps
Frog Jumps	Tricep Dips	Push-Ups	Calf Raises	Shuttle Runs
Straddle Inversions	Wall Balls	FREE	Candle Stick Jumps	Jumping Tuck Jumps
Leg Lifts	Skin the Cats	Mountain Climbers	Jumping Lunges	Pullovers
Hurdle Jumps	Chin-Ups	Rope Climbs	Windshield Wipers	Handstand Presses

B	I	N	G	O
Wall Balls	Calf Raises	Sit-Ups	Frog Jumps	Push-Ups
Handstand Push-Ups	Windshield Wipers	Pike Jumps	Chin-Ups	Shuttle Runs
Leg Lifts	Candle Stick Jumps	FREE	Jumping Tuck Jumps	Burpees
Jumping Lunges	Rope Climbs	V-Snaps	Handstand Presses	Skin the Cats
Mountain Climbers	Pullovers	Straddle Inversions	Tricep Dips	Hurdle Jumps

B	I	N	G	O
Chin-Ups	Rope Climbs	Calf Raises	Pullovers	Candle Stick Jumps
V-Snaps	Leg Lifts	Mountain Climbers	Tricep Dips	Pike Jumps
Straddle Inversions	Handstand Presses	FREE	Skin the Cats	Jumping Lunges
Wall Balls	Shuttle Runs	Sit-Ups	Windshield Wipers	Handstand Push-Ups
Jumping Tuck Jumps	Burpees	Push-Ups	Frog Jumps	Hurdle Jumps