

B	I	N	G	O
Walking Lunge	Barbell Clean	Deadlifts	Single unders	Knee raises
Chest to Bar PU	Toes to bar	Pull up	Box Jumps	Shuttle Run
Thrusters	Wall Balls	FREE	Burpee	Front Squat
Handstand PU	Snatches	Jumping PU	Dumbbell Snatch	Lateral Burpee over __
Double Unders	Burpees	Row	Wall Walks	DB Snatches

B	I	N	G	O
Wall Balls	Box Jumps	Single unders	Chest to Bar PU	Pull up
Deadlifts	Wall Walks	Knee raises	Burpees	Shuttle Run
Handstand PU	Burpee	FREE	Front Squat	Barbell Clean
Dumbbell Snatch	Row	Walking Lunge	DB Snatches	Snatches
Jumping PU	Lateral Burpee over ____	Thrusters	Toes to bar	Double Unders

B	I	N	G	O
Burpees	Row	Box Jumps	Lateral Burpee over ____	Burpee
Walking Lunge	Handstand PU	Jumping PU	Toes to bar	Knee raises
Thrusters	DB Snatches	FREE	Snatches	Dumbbell Snatch
Wall Balls	Shuttle Run	Single unders	Wall Walks	Deadlifts
Front Squat	Barbell Clean	Pull up	Chest to Bar PU	Double Unders