B	I	N	G	O
Try 5 kips	10 burpees	10 high bar pull overs	5 full routines	10 squat ons
10 glide swings	Stick 5 dismounts	5 double BHC	10 chin ups	5 full routines
Connect 3 full routines	Try 5 kips	**FREE**	10 double BHC	10 low bar pull overs
10 pull ups	5 squat ons	10 push ups	10 leg lifts	10 v-ups
10 hollow body casts	10 front hip circles	5 front hip circles	Try 5 muscle ups	10 glide swings

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B	I	N	G	O
Try 5 kips	10 chin ups	5 full routines	10 glide swings	5 double BHC
10 high bar pull overs	Try 5 muscle ups	10 squat ons	10 front hip circles	5 full routines
10 pull ups	10 double BHC	**FREE**	10 low bar pull overs	10 burpees
10 leg lifts	5 front hip circles	Try 5 kips	10 glide swings	5 squat ons
10 push ups	10 v-ups	Connect 3 full routines	Stick 5 dismounts	10 hollow body casts

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B	I	N	G	O
10 front hip circles	5 front hip circles	10 chin ups	10 v-ups	10 double BHC
Try 5 kips	10 pull ups	10 push ups	Stick 5 dismounts	10 squat ons
Connect 3 full routines	10 glide swings	**FREE**	5 squat ons	10 leg lifts
Try 5 kips	5 full routines	5 full routines	Try 5 muscle ups	10 high bar pull overs
10 low bar pull overs	10 burpees	5 double BHC	10 glide swings	10 hollow body casts

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