

B	I	N	G	O
50 mountain climbers	10 Front hip circles	10 hollow body casts	5 connected FHC to squat on	20 V-ups
10 glide swings	5 stuck dismounts	20 push ups	10 double BHC	5 muscle ups
Try 5 kips	10 double bhc	10 pullovers	10 squat ons	5 full routines
10 squat ons	25 burpees	10 hollow body casts	20 ladder leg lifts	10 front hip circles
5 full routines	10 glide swings	Try 5 kips	10 high bar pullovers	10 pullovers

B	I	N	G	O
Try 5 kips	10 double bhc	5 muscle ups	10 double BHC	10 front hip circles
10 high bar pullovers	5 full routines	10 pullovers	20 V-ups	25 burpees
10 glide swings	10 hollow body casts	20 push ups	20 ladder leg lifts	50 mountain climbers
10 squat ons	10 glide swings	5 stuck dismounts	10 hollow body casts	5 connected FHC to squat on
5 full routines	Try 5 kips	10 pullovers	10 Front hip circles	10 squat ons

B	I	N	G	O
5 full routines	20 ladder leg lifts	10 glide swings	10 high bar pullovers	10 hollow body casts
10 front hip circles	10 pullovers	10 glide swings	10 pullovers	50 mountain climbers
10 squat ons	5 full routines	20 push ups	10 double bhc	5 stuck dismounts
Try 5 kips	25 burpees	Try 5 kips	10 double BHC	10 Front hip circles
10 squat ons	5 muscle ups	5 connected FHC to squat on	10 hollow body casts	20 V-ups