

B	I	N	G	O
V Pushup	Burpees	Body Drop w/ partner	Handstand Pushup	Scissors
Knee Slappers	Free	Straddle Handstand	Ninja Leg Kicks	Butt Ups
Pulse	Squat Hold	FREE	V- Ups	Cherry Pickers
Mountain Climbers	Jumping Squat Jump	Jumping Tuck Jumps	Slicers	Knee Ankle Foot
Perfect Pushup	Spiderman Pushup	Hip Raisers	Heismans 1 2 3	Lemon Squeezer

B	I	N	G	O
Jumping Tuck Jumps	Handstand Shrugs	Cherry Pickers	Extensions	Mountain Climbers
Knee Slappers	Knee Ankle Foot	Candle Stick Jump	Stairs (10)	Scissors
Hollow Pushup Hold (1 min)	Straddle Handstand	FREE	Butt Ups	V- Ups
Burpees	Lemon Squeezer	Jumping Squat Jump	Free	Partner Handstand
Shoulder Touch	Pulse	Ninja Leg Kicks	Slicers	Fire Hydrants

B	I	N	G	O
Perfect Pushup	Knee Slappers	Free	Lunge Kicks	Burpees
Hollow Pushup Hold (1 min)	Body Drop w/ partner	Knee Ankle Foot	Free	Mountain Climbers
Toe Touchers	Extensions	FREE	Washboard	Wall Sit (1 min)
Candle Stick Jump	Scissors	Ninja Leg Kicks	Handstand Hold	V- Ups
Butt Ups	V Pushup	Fire Hydrants	Pulse	Jumping Tuck Jumps