

B	I	N	G	O
Squats right leg 30secs	10 high casts	Dish rocks x 1 min	Right leg splits x 2 mins	Leg circles bars 30 secs
Box splits x 2 mins	Squats left leg x 30 secs	Pike lever x 20 secs	12 chins	Reverse plank turns x 20
Squat thrusts x 30 secs	Straddle lever x 20 secs	FREE	20 leg lifts	Handstand 15 secs
Headstand to handstand x10	Sit ups x 50	Left leg splits 2 mins	Elephant/ lever to handstand x5	Mountain climbers x 1 min
Doggy bounces x 20 secs	Back ups 1 min	Plank 20 secs	V sits x20	Burpees x 30

B	I	N	G	O
Straddle lever x 20 secs	12 chins	Right leg splits x 2 mins	Box splits x 2 mins	Pike lever x 20 secs
Dish rocks x 1 min	V sits x20	Leg circles bars 30 secs	Back ups 1 min	Reverse plank turns x 20
Headstand to handstand x10	20 leg lifts	FREE	Handstand 15 secs	10 high casts
Elephant/ lever to handstand x5	Plank 20 secs	Squats right leg 30secs	Burpees x 30	Sit ups x 50
Left leg splits 2 mins	Mountain climbers x 1 min	Squat thrusts x 30 secs	Squats left leg x 30 secs	Doggy bounces x 20 secs

B	I	N	G	O
Back ups 1 min	Plank 20 secs	12 chins	Mountain climbers x 1 min	20 leg lifts
Squats right leg 30secs	Headstand to handstand x10	Left leg splits 2 mins	Squats left leg x 30 secs	Leg circles bars 30 secs
Squat thrusts x 30 secs	Burpees x 30	FREE	Sit ups x 50	Elephant/ lever to handstand x5
Straddle lever x 20 secs	Reverse plank turns x 20	Right leg splits x 2 mins	V sits x20	Dish rocks x 1 min
Handstand 15 secs	10 high casts	Pike lever x 20 secs	Box splits x 2 mins	Doggy bounces x 20 secs