

B	I	N	G	O
8 handstands	10 cartwheels	100 flashlights	5 bad leg cartwheels	20 second splits each leg
10 second bridge	6 candle stick rock and pop	30 second plank hold	10 forward rolls	5 straddle rolls
10 full turns	30 calf raises	FREE	2 backends	5 tripod holds
2 bridge kickovers	5 lunge levers each leg	2 handstands to bridge	5 backward rolls	15 frog jumps
12 burpees	20 tuck jumps	10 mountain pushups	10 pushups	5 forward roll step outside

B	I	N	G	O
15 second screaming eagle	10 full turns	2 backends	6 candle stick rock and pop	10 forward rolls
8 handstands	5 tripod holds	30 calf raises	5 bad leg cartwheels	20 tuck jumps
2 bridge kickovers	20 second splits each leg	FREE	10 second bridge	100 flashlights
30 second plank hold	8 v ups	5 forward roll step outside	5 lunge levers each leg	10 mountain pushups
10 pushups	5 backward rolls	10 cartwheels	2 handstands to bridge	Headstand contest

B	I	N	G	O
8 v ups	10 sit ups	10 full turns	5 forward roll step outside	10 second bridge
30 calf raises	10 split jumps each leg	Headstand contest	10 forward rolls	8 handstands
2 handstands to bridge	10 pushups	FREE	5 bad leg cartwheels	2 backends
100 flashlights	15 second screaming eagle	10 cartwheels	12 burpees	20 tuck jumps
5 backward rolls	6 candle stick rock and pop	5 lunge levers each leg	2 bridge kickovers	5 straddle rolls