

B	I	N	G	O
8 handstands	10 cartwheels	100 flashlights	5 bad leg cartwheels	20 second splits each leg
10 second bridge	6 candlestick rock and pops	30 second plank hold	10 forward rolls	5 straddle rolls
10 full turns	30 calf raises	FREE	2 backbends	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 push ups	10 pushups	5 forward roll step outs

B	I	N	G	O
15 second screaming eagle	10 full turns	2 backbends	6 candlestick rock and pops	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 outs	5 lunge levers each leg	10 mountain push ups
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 outs	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 backbends
100 flashlights	15 second screaming eagle	10 cartwheels	12 burpees	20 tuck jumps
5 backward rolls	6 candlestick rock and pops	5 lunge levers each leg	2 bridge kickovers	5 straddle rolls