

B	I	N	G	O
6 candlestick rock and pops	10 cartwheels	10 split jumps each leg	5 backward rolls	2 handstands to bridge
10 second bridge	5 tripod holds	30 calf raises	10 forward rolls	5 lunge levers each leg
10 full turns	20 tuck jumps	FREE	15 second screaming eagle	5 straddle rolls
2 backbends	5 forward roll step outs	2 bridge kickovers	30 second plank hold	12 burpees
100 flashlights	20 second splits each leg	10 mountain push ups	10 push ups	5 bad leg cartwheels

B	I	N	G	O
15 frog jumps	10 full turns	15 second screaming eagle	5 tripod holds	10 forward rolls
6 candlestick rock and pops	5 straddle rolls	20 tuck jumps	5 backward rolls	20 second splits each leg
2 backbends	2 handstands to bridge	FREE	10 second bridge	10 split jumps each leg
30 calf raises	8 handstands	5 bad leg cartwheels	5 forward roll step outs	10 mountain push ups
10 push ups	30 second plank hold	10 cartwheels	2 bridge kickovers	8 v ups

B	I	N	G	O
8 handstands	10 second splits each leg	10 full turns	5 bad leg cartwheels	10 second bridge
20 tuck jumps	10 sit ups	8 v ups	10 forward rolls	6 candlestick rock and pops
2 bridge kickovers	10 push ups	FREE	5 backward rolls	15 second screaming eagle
10 split jumps each leg	15 frog jumps	10 cartwheels	100 flashlights	20 second splits each leg
30 second plank hold	5 tripod holds	5 forward roll step outs	2 backbends	5 lunge levers each leg