

B	I	N	G	O
Tick Tock Drop	10 Burpees	4 Elbow Stands against wall	Free	Candle Stick Jump
20 Sit Ups	Star	Deadman	10 Frog Jumps	Side Gazel Drop
10 Hand to Elbows	Cupid (attempt both legs)	FREE	Belt Series	Single Footlock Angel
Bridge walks (back and forth)	Monkey Climb	Butterfly	Double Front Drop	6 Perfect Dive Rolls
5 Headstands (each different legs)	Climb (french or russian)	10 Leg Lifts on rack	2 30 Second Hollow Hold	Front Gazel Drop

B	I	N	G	O
Back Drop to Gazel	10 Hand to Elbows	Belt Series	Star	10 Frog Jumps
Tick Tock Drop	Single Footlock Angel	Cupid (attempt both legs)	Free	Climb (french or russian)
Bridge walks (back and forth)	Candle Stick Jump	FREE	20 Sit Ups	4 Elbow Stands against wall
Deadman	Wall Sit (1 min)	Front Gazel Drop	Monkey Climb	10 Leg Lifts on rack
2 30 Second Hollow Hold	Double Front Drop	10 Burpees	Butterfly	butterfly roll Knee Hang

B	I	N	G	O
Wall Sit (1 min)	3 Ten Second Handstands	10 Hand to Elbows	Front Gazel Drop	20 Sit Ups
Cupid (attempt both legs)	30 Second Split Hold (both legs)	butterfly roll Knee Hang	10 Frog Jumps	Tick Tock Drop
Butterfly	2 30 Second Hollow Hold	FREE	Free	Belt Series
4 Elbow Stands against wall	Back Drop to Gazel	10 Burpees	5 Headstands (each different legs)	Climb (french or russian)
Double Front Drop	Star	Monkey Climb	Bridge walks (back and forth)	Side Gazel Drop