

B	I	N	G	O
Tight Trust Fall	10 Burpees	20 Backwards Lunges	Hollow Pushup Hold (1 min)	30 Mountain Climbers
15 Elevated Pushup (at least 3 panel mats high)	Straddle Handstand Press	30 sec Squat Hold	10 Butt Ups	HS Walk Down
Spiderman Pushup	V Pushup	FREE	10 Handstand Pops	20 Ninja Leg Kicks
15 Calf Raises	20 Sit Ups	Perfect Pushup	3 Sprints Down and Back	Shoulder Touch
20 Jumpropes	30 Sec Handstand Hold	20 Frog Jumps	10 Jumping Tuck Jumps	5 Candle Stick Jump

B	I	N	G	O
V Pushup	Perfect Pushup	HS Walk Down	5 Candle Stick Jump	Shoulder Touch
10 Handstand Pops	15 Calf Raises	30 Mountain Climbers	15 Elevated Pushup (at least 3 panel mats high)	30 Sec Handstand Hold
10 Butt Ups	20 Mountain Climbers	FREE	10 Burpees	3 Sprints Down and Back
Tight Trust Fall	10 Jumping Tuck Jumps	Wall Sit (1 min)	Hollow Pushup Hold (1 min)	30 sec Squat Hold
20 Backwards Lunges	20 Ninja Leg Kicks	20 Sit Ups	20 Jumpropes	Straddle Handstand Press

B	I	N	G	O
15 Elevated Pushup (at least 3 panel mats high)	Shoulder Touch	20 Sit Ups	Hollow Pushup Hold (1 min)	10 Burpees
V Pushup	HS Walk Down	20 Backwards Lunges	15 Calf Raises	30 Sec Handstand Hold
20 Ninja Leg Kicks	20 Mountain Climbers	FREE	10 Handstand Pops	10 Butt Ups
10 Jumping Tuck Jumps	Spiderman Pushup	30 Mountain Climbers	20 Frog Jumps	5 Candle Stick Jump
Straddle Handstand Press	Tight Trust Fall	3 Sprints Down and Back	20 Jumpropes	15 Jumping Squat Jump