

B	I	N	G	O
support Shoulder Tap x20	Freechoice	Jumping Squat Jump x20	front & back support 30sec	Straddle Handstand x5
Hip Raisers x30	side supports x30	Wall Sit (1 min)	Frog Jumps	calf raisers @ beam x30
shuttle run sets	tuck jumps on cmt x40	FREE	Handstand Hold	Partner Handstand
Pushup x20	pbars dips x20	Squat hold (30 secs)	Mountain Climbers x30	V Pushup x20
Lunge Kicks x 2 lengths	Handstand Pushup	burpees x20	yo yo x20	Hollow Pushup Hold (1 min)

B	I	N	G	O
tuck jumps on cmt x40	Frog Jumps	front & back support 30sec	Hip Raisers x30	Wall Sit (1 min)
Jumping Squat Jump x20	yo yo x20	Straddle Handstand x5	Handstand Pushup	calf raisers @ beam x30
Pushup x20	Handstand Hold	FREE	Partner Handstand	Freechoice
Mountain Climbers x30	burpees x20	support Shoulder Tap x20	Hollow Pushup Hold (1 min)	pbars dips x20
Squat hold (30 secs)	V Pushup x20	shuttle run sets	side supports x30	Lunge Kicks x 2 lengths

B	I	N	G	O
Handstand Pushup	burpees x20	Frog Jumps	V Pushup x20	Handstand Hold
support Shoulder Tap x20	Pushup x20	Squat hold (30 secs)	side supports x30	Straddle Handstand x5
shuttle run sets	Hollow Pushup Hold (1 min)	FREE	pbars dips x20	Mountain Climbers x30
tuck jumps on cmt x40	calf raisers @ beam x30	front & back support 30sec	yo yo x20	Jumping Squat Jump x20
Partner Handstand	Freechoice	Wall Sit (1 min)	Hip Raisers x30	Lunge Kicks x 2 lengths