

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

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

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