

B	I	N	G	O
Stairs (10)	1 good pull up on bars	5 Burpees	Perfect Pushup	Free
20 Jumping Jacks	Split for 20 seconds	Lunge walk down floor	10 Hollow Rocks	Partner Handstand
Spiderman Handstand	10 Mountain Climbers	FREE	Headstand hold	5 V-ups
5 split leaps	Plank 30 sec	Backbend kickover	Ninja Leg Kicks	Shoulder Touch
5 Frog Jumps	5 Candle Stick Jump	Handstand Hold	10 Tuck Jumps	10 sit-Ups

B	I	N	G	O
Headstand hold	Free	10 Mountain Climbers	Spiderman Handstand	10 Tuck Jumps
Perfect Pushup	5 V-ups	5 split leaps	Split for 20 seconds	10 Hollow Rocks
Straddle Handstand	Handstand Hold	FREE	20 Jumping Jacks	5 Burpees
Ninja Leg Kicks	Partner Handstand	Lunge walk down floor	Plank 30 sec	10 sit-Ups
1 good pull up on bars	Stairs (10)	Wall Sit (30 sec)	3 forward rolls	5 Candle Stick Jump

B	I	N	G	O
Headstand hold	20 Jumping Jacks	Ninja Leg Kicks	3 forward rolls	10 Hollow Rocks
1 good pull up on bars	Wall Sit (30 sec)	Straddle Handstand	10 sit-Ups	Split for 20 seconds
3 cartwheels	Plank 30 sec	FREE	Backbend kickover	Partner Handstand
Handstand Hold	5 split leaps	5 V-ups	10 Mountain Climbers	Shoulder Touch
10 Tuck Jumps	Spiderman Handstand	Free	5 Burpees	Lunge walk down floor