B	I	N	G	O
Rope climb with no legs	10 chin ups	20 Hershey kiss push ups	30 calf raisers	20 v-ups
15 floor pullovers	5 press handstands	25 mountain climbers	10 dips on bar	25 rock n pops
45 sec hollow hold	half way handstand walk	**FREE**	10 leg lifts	20 pistol squats
20 shoulder taps in push up	30 jumping jacks	20 straight leg sit ups	20 lemon squeezers	25 frog jumps
20 arch ups	10 pull ups	25 push ups	no leg rope climb	15 tuck ups on bar

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B	I	N	G	O
half way handstand walk	10 dips on bar	30 calf raisers	15 floor pullovers	25 mountain climbers
20 Hershey kiss push ups	no leg rope climb	20 v-ups	10 pull ups	25 rock n pops
20 shoulder taps in push up	10 leg lifts	**FREE**	20 pistol squats	10 chin ups
20 lemon squeezers	25 push ups	Rope climb with no legs	15 tuck ups on bar	30 jumping jacks
20 straight leg sit ups	25 frog jumps	45 sec hollow hold	5 press handstands	20 arch ups

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B	I	N	G	O
10 pull ups	25 push ups	10 dips on bar	25 frog jumps	10 leg lifts
Rope climb with no legs	20 shoulder taps in push up	20 straight leg sit ups	5 press handstands	20 v-ups
45 sec hollow hold	15 tuck ups on bar	**FREE**	30 jumping jacks	20 lemon squeezers
half way handstand walk	25 rock n pops	30 calf raisers	no leg rope climb	20 Hershey kiss push ups
20 pistol squats	10 chin ups	25 mountain climbers	15 floor pullovers	20 arch ups

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