

B	I	N	G	O
V Pushup	Burpees	Hip Raisers	Spiderman Pushup	Mountain Climbers
Handstand Hold	Thomas Touch	Partner Handstand	Candle Stick Jump	Straddle Handstand
V-Ups	Free	FREE	Jumping Tuck Jumps	Leg Raises
Squat Pulse	Lunge Kicks	Perfect Pushup	Hollow Pushup Hold (1 min)	Ninja Leg Kicks
Frog Jumps	Squat Hold	Handstand Pushup	Wall Sit (1 min)	Handstand Shrugs

B	I	N	G	O
V-Ups	Wall Sit (1 min)	Candle Stick Jump	Lunge Kicks	Handstand Hold
Spiderman Pushup	Leg Raises	Hip Raisers	Ninja Leg Kicks	Free
Jumping Tuck Jumps	Burpees	FREE	Hollow Pushup Hold (1 min)	Perfect Pushup
Handstand Shrugs	V Pushup	Handstand Pushup	Squat Pulse	Frog Jumps
Mountain Climbers	Jumping Squat Jump	Straddle Handstand	Partner Handstand	Thomas Touch

B	I	N	G	O
Squat Pulse	Hollow Pushup Hold (1 min)	V-Ups	Handstand Shrugs	Spiderman Pushup
Squat Hold	Straddle Handstand	Wall Sit (1 min)	Lunge Kicks	Free
Perfect Pushup	Candle Stick Jump	FREE	Jumping Tuck Jumps	Hip Raisers
Jumping Squat Jump	Mountain Climbers	Frog Jumps	Burpees	V Pushup
Thomas Touch	Partner Handstand	Leg Raises	Ninja Leg Kicks	Handstand Pushup