

B	I	N	G	O
V Pushup	Backward Rolls	Handstand Pushup	Spiderman Pushup	Leg Raises
Frog Jumps	Straight Legged Situps	Ninja Leg Kicks	Burpees	Straddle Handstand
Candle Stick Jump	Jumping Jacks	FREE	Jumping Squat Jump	Squat Pulse
Jumping Tuck Jumps	Perfect Pushup	Hip Raisers	Lunge Kicks	Handstand Shrugs
Cartwheels	Forward Rolls	Mountain Climbers	Handstand Forward Roll	Partner Handstand

B	I	N	G	O
V-Ups	Squat Hold	Perfect Pushup	Ninja Leg Kicks	Squat Pulse
Cartwheels	Forward Rolls	Partner Handstand	Lunge Kicks	Frog Jumps
Mountain Climbers	Burpees	FREE	Jumping Jacks	Backward Rolls
Leg Raises	V Pushup	Wall Sit (1 min)	Handstand Forward Roll	Candle Stick Jump
Spiderman Pushup	Handstand Hold	Jumping Squat Jump	Handstand Pushup	Hip Raisers

B	I	N	G	O
Mountain Climbers	Frog Jumps	Perfect Pushup	Partner Handstand	Handstand Hold
Burpees	Wall Sit (1 min)	Handstand Pushup	V-Ups	Thomas Touch
Handstand Forward Roll	Squat Pulse	FREE	Jumping Tuck Jumps	Spiderman Pushup
Backward Rolls	Forward Rolls	Lunge Kicks	Jumping Squat Jump	Hollow Pushup Hold (1 min)
V Pushup	Candle Stick Jump	Straddle Handstand	Cartwheels	Straight Legged Situps