

B	I	N	G	O
Straddle Handstand	Burpees	Handstand Shrugs	Perfect Pushup	Killers 5-1
Frog Jumps	Stairs (10)	Ninja Leg Kicks	Butt Ups	Spiderman Pushup
Candle Stick Jump	Mountain Climbers	FREE	ILA	Squat Hold
Jumping Squat Jump	Shoulder Touch	Jumping Tuck Jumps	Partner Handstand	Hip Raisers
Heismans 1 2 3	Lunge Kicks	Extensions	Free	Pulse

B	I	N	G	O
Hollow Pushup Hold (1 min)	Candle Stick Jump	ILA	Stairs (10)	Butt Ups
Straddle Handstand	Squat Hold	Mountain Climbers	Perfect Pushup	Lunge Kicks
Jumping Squat Jump	Killers 5-1	FREE	Frog Jumps	Handstand Shrugs
Ninja Leg Kicks	V Pushup	Pulse	Shoulder Touch	Extensions
Free	Partner Handstand	Burpees	Jumping Tuck Jumps	Wall Sit (1 min)

B	I	N	G	O
V Pushup	Handstand Hold	Candle Stick Jump	Pulse	Frog Jumps
Mountain Climbers	Handstand Pushup	Wall Sit (1 min)	Butt Ups	Straddle Handstand
Jumping Tuck Jumps	Free	FREE	Perfect Pushup	ILA
Handstand Shrugs	Hollow Pushup Hold (1 min)	Burpees	Heismans 1 2 3	Lunge Kicks
Partner Handstand	Stairs (10)	Shoulder Touch	Jumping Squat Jump	Spiderman Pushup