

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

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

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