

B	I	N	G	O
Stairs (10)	10 single legs sits	Handstand Hold	Pulse	Jumping Tuck Jumps 30secs
Candle Stick Jump 15	Squat Hold 1 min	Mountain Climbers 30secs	30 calf raise parallel and turn out	Perfect Pushup 20
Spiderman Pushup 15	50 crunches	FREE	Lunge Kicks	Hollow Pushup Hold (1 min)
Hollow hold 30 secs	Shoulder Touch 30	Jumping Squat Jump 30secs	Partner Handstand	Single leg wall sit 30secs
High knees 30secs	Handstand Shrugs 15	Jumping jacks 1min	Bridge	Burpees 10

B	I	N	G	O
Lunge Kicks	Jumping Tuck Jumps 30secs	50 crunches	Spiderman Pushup 15	Bridge
Pulse	Hollow Pushup Hold (1 min)	Hollow hold 30 secs	Squat Hold 1 min	30 calf raise parallel and turn out
V-up 15	Jumping jacks 1min	FREE	Candle Stick Jump 15	Handstand Hold
Partner Handstand	Perfect Pushup 20	Mountain Climbers 30secs	Shoulder Touch 30	Burpees 10
10 single legs sits	Stairs (10)	Wall Sit (1 min)	Frog Jumps 30secs	Handstand Shrugs 15

B	I	N	G	O
Lunge Kicks	Candle Stick Jump 15	Partner Handstand	Frog Jumps 30secs	30 calf raise parallel and turn out
10 single legs sits	Wall Sit (1 min)	V-up 15	Burpees 10	Squat Hold 1 min
Free	Shoulder Touch 30	FREE	Jumping Squat Jump 30secs	Perfect Pushup 20
Jumping jacks 1min	Hollow hold 30 secs	Hollow Pushup Hold (1 min)	50 crunches	Single leg wall sit 30secs
Bridge	Spiderman Pushup 15	Jumping Tuck Jumps 30secs	Handstand Hold	Mountain Climbers 30secs