

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

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

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