

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

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

B	I	N	G	O
Wall Sit (1 min)	Candle Stick Jump 15	30 calf raise parallel and turn out	Pulse	Burpees 10
Mountain Climbers 30secs	Frog Jumps 30secs	Wide Pushup 15	20 Superman's	V-up 15
Jumping jacks 1min	Bridge	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	Stairs (10)	Shoulder Touch 30	Jumping Tuck Jumps 30secs	Single leg wall sit 30secs