

B	I	N	G	O
Bridge	1 min plank hold	30 calf raises	30 sec superman hold	30 sec hollow hold
10 one leg squat stand ups	50 crunches	30 sec squat jummps	1 min squat hold	30sec wall sit
1 min split each leg	1 min straddle against wall	FREE	30 push ups	30 sec Mountain climbers
30 v-up	30 sec frog jumps	30 sec squat jumps	30 lemon squeezes	30 sec partner handstand
10 burpees	30 shoulder touches in plank	15 candles sticks to tuck jump	Plank walk 10 each direction	20 shoulder push ups (bottom high)

B	I	N	G	O
1 min split each leg	Plank walk 10 each direction	1 min squat hold	30 sec frog jumps	10 one leg squat stand ups
30 sec superman hold	30 sec Mountain climbers	30 calf raises	30 sec partner handstand	1 min straddle against wall
30 push ups	1 min plank hold	FREE	30 lemon squeezes	30 sec squat jumps
20 shoulder push ups (bottom high)	Bridge	15 candles sticks to tuck jump	30 v-up	10 burpees
30 sec hollow hold	30 lunges forward/backward	30sec wall sit	30 sec squat jummps	50 crunches

B	I	N	G	O
30 v-up	30 lemon squeezes	1 min split each leg	20 shoulder push ups (bottom high)	30 sec superman hold
30 shoulder touches in plank	30sec wall sit	Plank walk 10 each direction	30 sec frog jumps	1 min straddle against wall
30 sec squat jumps	1 min squat hold	FREE	30 push ups	30 calf raises
30 lunges forward/backward	30 sec hollow hold	10 burpees	1 min plank hold	Bridge
50 crunches	30 sec squat jummps	30 sec Mountain climbers	30 sec partner handstand	15 candles sticks to tuck jump