

B	I	N	G	O
Straddle Handstand	Body Drop	Handstand Shoulder Touches	Press Handstand	Jumping Tuck Jumps
Frog Jumps	Squat Hold	Lunge Steps Forward	Burpees	Split Handstand
Butt Ups	In & Outs	FREE	Jumping Jacks	Spiderman Pushup
Jumping Squat Jump	Perfect Pushup	Hip Raisers	Killers 5-1	Handstand Shrugs
Candle Stick Jump	Free	Lunge Steps Backward	Handstand Hold	Mountain Climbers

B	I	N	G	O
V Ups	Shoulder Touch	Perfect Pushup	Lunge Steps Forward	Spiderman Pushup
Candle Stick Jump	Free	Mountain Climbers	Killers 5-1	Frog Jumps
Lunge Steps Backward	Burpees	FREE	In & Outs	Body Drop
Jumping Tuck Jumps	Straddle Handstand	Wall Sit (1 min)	Handstand Hold	Butt Ups
Press Handstand	Handstand Pushup	Jumping Jacks	Handstand Shoulder Touches	Hip Raisers

B	I	N	G	O
Lunge Steps Backward	Frog Jumps	Perfect Pushup	Mountain Climbers	Handstand Pushup
Burpees	Wall Sit (1 min)	Handstand Shoulder Touches	V Ups	Stairs (10)
Handstand Hold	Spiderman Pushup	FREE	Jumping Squat Jump	Press Handstand
Body Drop	Free	Killers 5-1	Jumping Jacks	Hollow Pushup Hold (1 min)
Straddle Handstand	Butt Ups	Split Handstand	Candle Stick Jump	Squat Hold