

B	I	N	G	O
Tricep dips x 20	Ankle rises	Dish hold x 30	Splits arms up 30 left	Pike lever hold x 10 seconds
Box chest off x 30	Straddle lever x 10 seconds	Press ups x 20	Arch hold x 30	Side lift x 10 right side
Squat jumps x 30	Tuck jumps x 20	FREE	Arch rises	Leg lifts to splits right x 10
Lunges x 20	Splits arms up 30 right	Mountain climbers x 20	Leg lifts to splits left x 10	Plank x 30 seconds
Front support x 30	Back support x 30	Side lift x 10 left side	V-sits x 30	Bridge hold x 10

B	I	N	G	O
Tuck jumps x 20	Arch hold x 30	Splits arms up 30 left	Box chest off x 30	Press ups x 20
Dish hold x 30	V-sits x 30	Pike lever hold x 10 seconds	Back support x 30	Side lift x 10 right side
Lunges x 20	Arch rises	FREE	Leg lifts to splits right x 10	Ankle rises
Leg lifts to splits left x 10	Side lift x 10 left side	Tricep dips x 20	Bridge hold x 10	Splits arms up 30 right
Mountain climbers x 20	Plank x 30 seconds	Squat jumps x 30	Straddle lever x 10 seconds	Front support x 30

B	I	N	G	O
Back support x 30	Side lift x 10 left side	Arch hold x 30	Plank x 30 seconds	Arch rises
Tricep dips x 20	Lunges x 20	Mountain climbers x 20	Straddle lever x 10 seconds	Pike lever hold x 10 seconds
Squat jumps x 30	Bridge hold x 10	FREE	Splits arms up 30 right	Leg lifts to splits left x 10
Tuck jumps x 20	Side lift x 10 right side	Splits arms up 30 left	V-sits x 30	Dish hold x 30
Leg lifts to splits right x 10	Ankle rises	Press ups x 20	Box chest off x 30	Front support x 30