

B	I	N	G	O
Switch leaps	Bridge 20 sec hold	Handstand Hold	Seal Pushup 5 claps	Lunge Kicks
Extensions	Straddle Handstand	Partner Handstand	Burpees	Squat Hold
Butt Ups	Ninja Leg Kicks	FREE	Hollow Pushup Hold (1 min)	Stairs (10)
Jumping Squat Jump	Spiderman Pushup	Jumping Tuck Jumps	Pulse	Handstand Shrugs
Handstand Pushup	Mountain Climbers	Candle Stick Jump	Cherry picker	Shoulder Touch

B	I	N	G	O
Hip Raisers	Butt Ups	Hollow Pushup Hold (1 min)	Straddle Handstand	Burpees
Switch leaps	Stairs (10)	Ninja Leg Kicks	Seal Pushup 5 claps	Mountain Climbers
Jumping Squat Jump	Lunge Kicks	FREE	Extensions	Handstand Hold
Partner Handstand	V Pushup	Shoulder Touch	Spiderman Pushup	Candle Stick Jump
Cherry picker	Pulse	Bridge 20 sec hold	Jumping Tuck Jumps	Wall Sit (1 min)

B	I	N	G	O
V Pushup	Free	Butt Ups	Shoulder Touch	Extensions
Ninja Leg Kicks	Frog Jumps	Wall Sit (1 min)	Burpees	Switch leaps
Jumping Tuck Jumps	Cherry picker	FREE	Seal Pushup 5 claps	Hollow Pushup Hold (1 min)
Handstand Hold	Hip Raisers	Bridge 20 sec hold	Handstand Pushup	Mountain Climbers
Pulse	Straddle Handstand	Spiderman Pushup	Jumping Squat Jump	Squat Hold