

B	I	N	G	O
Switch legs vups	Burpees	Bridge 20 sec hold	Handstand Hold	Seal Pushup 5 claps
Mountain Climbers	Crab toe touches	Straddle Handstand	Pulse side legs	Free
Scissors	Squat Hold	FREE	Candle Stick Jump	Pulse front legs 30
Hollow hold	Jumping Squat Jump	Shoulder Touch	Lunge Kicks	Rock Roll
Spiderman Pushup	Hollow Pushup Hold (1 min)	Hip Raisers	Pulse back leg	Handstand Pushup

B	I	N	G	O
Candle Stick Jump	Cherry picker	Pulse front legs 30	Mountain Climbers	Lunge Kicks
Butt Ups	Squat Hold	Seal Pushup 5 claps	Hollow hold	Jumping Squat Jump
Straddle Handstand	Burpees	FREE	Switch legs vups	Pulse back leg
Jumping Tuck Jumps	Free	Handstand Pushup	Rock Roll	V-up
Scissors	Pulse side legs	Spiderman Pushup	Crab toe touches	Bridge 20 sec hold

B	I	N	G	O
Lunge Kicks	Crab toe touches	Pulse front legs 30	Switch leaps	Candle Stick Jump
Wall Sit (1 min)	V-up	Free	Butt Ups	Seal Pushup 5 claps
Pulse side legs	Handstand Hold	FREE	Burpees	Switch legs vups
Mountain Climbers	Scissors	Jumping Squat Jump	Hollow hold	Hip Raisers
Rock Roll	Spiderman Pushup	Jumping Tuck Jumps	Bridge 20 sec hold	Cherry picker