B	I	N	G	O
Straddle Handstand	Body Drop w/ partner	Handstand Pushup	Perfect Pushup	Killers 5-1
Free	Stairs (10)	Ninja Leg Kicks	Burpees	Spiderman Pushup
Butt Ups	Mountain Climbers	**FREE**	Hollow Pushup Hold (1 min)	Squat Hold
Jumping Squat Jump	Shoulder Touch	Jumping Tuck Jumps	Partner Handstand	Heismans 1 2 3
Handstand Shrugs	Lunge Kicks	Candle Stick Jump	Extensions	Pulse

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B	I	N	G	O
Hip Raisers	Butt Ups	Hollow Pushup Hold (1 min)	Stairs (10)	Burpees
Straddle Handstand	Squat Hold	Mountain Climbers	Perfect Pushup	Lunge Kicks
Jumping Squat Jump	Killers 5-1	**FREE**	Free	Handstand Pushup
Ninja Leg Kicks	V Pushup	Pulse	Shoulder Touch	Candle Stick Jump
Extensions	Partner Handstand	Body Drop w/ partner	Jumping Tuck Jumps	Wall Sit (1 min)

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B	I	N	G	O
V Pushup	Frog Jumps	Butt Ups	Pulse	Free
Mountain Climbers	Handstand Hold	Wall Sit (1 min)	Burpees	Straddle Handstand
Jumping Tuck Jumps	Extensions	**FREE**	Perfect Pushup	Hollow Pushup Hold (1 min)
Handstand Pushup	Hip Raisers	Body Drop w/ partner	Handstand Shrugs	Lunge Kicks
Partner Handstand	Stairs (10)	Shoulder Touch	Jumping Squat Jump	Spiderman Pushup

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