B	I	N	G	O
Straight leg sit-ups	Back support	Heel pops	Side plank	Plank hold
Front support hops	Star fish crunches	Rebound jumps	Bent leg sit-ups	Squats
Burpees	Mountain climbers	Pike lever	Single leg v-sits	Plank hip twists
Shoulder taps	Jump squats	Push-ups elbows in	High low plank	Calf raisers
Dolphin plank	Push-ups elbows out	Front support running	Roll out to stand from candle stick	Thigh taps

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B	I	N	G	O
Single leg squats	Shoulder taps	Rebound jumps	Single leg v-sits	Calf raisers
Dolphin plank	Roll out to stand from candle stick	Push-ups elbows in	Front support hops	Push-ups elbows out
Bent leg sit-ups	Mountain climbers	Back support	Plank hold	Straight leg sit-ups
V-sits	Thigh taps	Front support running	Burpees	Side plank
Handstand hops	Pike lever	Heel pops	Jump squats	Straddle lever

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B	I	N	G	O
Front support running	Single leg v-sits	Plank hip twists	Side plank	Back support
Thigh taps	Heel pops	Dolphin plank	Push-ups elbows in	Pike lever
Jumping jacks	Straight leg sit-ups	Burpees	Squats	Bent leg sit-ups
Calf raisers	Handstand hops	Star fish crunches	Mountain climbers	Plank hold
Shoulder taps	Front support hops	High low plank	Roll out to stand from candle stick	Push-ups elbows out

Infinity Gymnastics Bingo Card #3 of 3

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