B	I	N	G	O
Thigh taps	Back support	Arch hold	Front support hops	Side plank
Plank hip twists	Caterpillar	Straight leg sit-ups	Push-ups elbows out	Balance on one foot
Star fish crunches	Tuck jumps	Bent leg sit-ups	Hop on one foot	Straddle lever
Jumping jacks	Single leg v-sits	Mountain climbers	Roll out to stand from candle stick	Shoulder taps
Heel pops	Handstand hops	Plank hold	Front support running	Bicycle crunches

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B	I	N	G	O
Burpees	Push-ups elbows in	Plank hip twists	Pike lever	Bent leg sit-ups
Straddle lever	Single leg squats	Hop on one foot	Bicycle crunches	Jump squats
Straight leg sit-ups	Balance on one foot	Tuck jumps	Back support	Push-ups elbows out
Side plank	Plank hold	Jumping jacks	Crunches	Front support hops
Roll out to stand from candle stick	Shoulder taps	Rebound jumps	Squats	Calf raisers

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B	I	N	G	O
Roll out to stand from candle stick	Plank hip twists	Caterpillar	Shoulder taps	Plank hold
Back support	Hop on one foot	Arch hold	Pike lever	Push-ups elbows in
Thigh taps	Burpees	Wide leg squats	V-sits	Crunches
Bent leg sit-ups	Single leg squats	Push-ups elbows out	Dolphin plank	Tuck jumps
Calf raisers	Balance on one foot	Side plank	Jump squats	Front support hops

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