| B | I | N | G | O |
|---|---|---|---|---|
| Jog for a min | 10 chin ups | 20 pike press ups | 5 straddle levers | 30 straddle v sits |
| 20 leg squats left leg | Handstand pirouette | 30 v sits | 10 chin ups reverse | Handstand for a min |
| 20 burpees | 30 tuck v sits | **FREE** | 30 dish rocks | Handstand hold against wall 1 min |
| 30 jumping jacks | Bicycle sit ups 20 | 30 press ups | 5 pike press handstands | 29 lunges left leg |
| 20 squat jumps | 30 tuck jumps | 20 dips on sofa | 20 leg lifts | 7 elephant lifts |



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| B | I | N | G | O |
|---|---|---|---|---|
| 30 arch rocks | 20 burpees | 30 dish rocks | Handstand pirouette | 10 chin ups reverse |
| Jog for a min | Handstand hold against wall 1 min | 30 tuck v sits | 5 straddle levers | 30 tuck jumps |
| 30 jumping jacks | 30 straddle v sits | **FREE** | 20 leg squats left leg | 20 pike press ups |
| 30 v sits | Russian lever 15 secs | 7 elephant lifts | Bicycle sit ups 20 | 20 dips on sofa |
| 20 leg lifts | 5 pike press handstands | 10 chin ups | 30 press ups | Squat jumps 30 |



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| B | I | N | G | O |
|---|---|---|---|---|
| Russian lever 15 secs | 20 leg squats right leg | 20 burpees | 7 elephant lifts | 20 leg squats left leg |
| 30 tuck v sits | 20 lunges right leg | Squat jumps 30 | 10 chin ups reverse | Jog for a min |
| 30 press ups | 20 leg lifts | **FREE** | 5 straddle levers | 30 dish rocks |
| 20 pike press ups | 30 arch rocks | 10 chin ups | 20 squat jumps | 30 tuck jumps |
| 5 pike press handstands | Handstand pirouette | Bicycle sit ups 20 | 30 jumping jacks | Handstand for a min |



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