B	I	N	G	O
Tuck jump	Archer Pushup	Frog Jumps	Squat Hold	Mountain Climbers
Donkey kicks	Triangle push ups	Perfect Pushup	Blocking push ups	Straddle v ups
V ups	Burpees	**FREE**	Handstand Pushup	Handstand Shrugs
Straddle press	Hollow Pushup Hold (1 min)	Shoulder Touch	Goblet squats	Ninja Leg Kicks
Candle Stick Jump	Straddle Handstand	Eagle Handstand	Wall Sit (1 min)	Free

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B	I	N	G	O
V ups	Wall Sit (1 min)	Blocking push ups	Hollow Pushup Hold (1 min)	Donkey kicks
Squat Hold	Handstand Shrugs	Frog Jumps	Ninja Leg Kicks	Burpees
Handstand Pushup	Archer Pushup	**FREE**	Goblet squats	Shoulder Touch
Free	Tuck jump	Eagle Handstand	Straddle press	Candle Stick Jump
Mountain Climbers	Handstand Hold	Straddle v ups	Perfect Pushup	Triangle push ups

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B	I	N	G	O
Straddle press	Goblet squats	V ups	Free	Squat Hold
Straddle Handstand	Straddle v ups	Wall Sit (1 min)	Hollow Pushup Hold (1 min)	Burpees
Shoulder Touch	Blocking push ups	**FREE**	Handstand Pushup	Frog Jumps
Handstand Hold	Mountain Climbers	Candle Stick Jump	Archer Pushup	Tuck jump
Triangle push ups	Perfect Pushup	Handstand Shrugs	Ninja Leg Kicks	Eagle Handstand

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