

B	I	N	G	O
Tuck Jumps	Archer push ups	Frog jumps	Side lunge	L sit
Candlestick jump	Straddle v ups	Plank hold	Blocking push ups	Shoulder touch
Straddle press	V ups	FREE	Burpees	Handstand hold
Handstand push ups	Split squats	High knees	Handstand blocks	Mountain climbers
Goblet squats	Candlestick hold	Push up	Wall sit	Donkey kicks

B	I	N	G	O
V ups	Blocking push ups	Side lunge	Candlestick jump	Plank hold
Frog jumps	Wall sit	L sit	Candlestick hold	Shoulder touch
Handstand push ups	Burpees	FREE	Handstand hold	Archer push ups
Handstand blocks	Push up	Tuck Jumps	Donkey kicks	Split squats
High knees	Mountain climbers	Straddle press	Straddle v ups	Goblet squats

B	I	N	G	O
Candlestick hold	Push up	Blocking push ups	Mountain climbers	Burpees
Tuck Jumps	Handstand push ups	High knees	Straddle v ups	L sit
Straddle press	Donkey kicks	FREE	Split squats	Handstand blocks
V ups	Shoulder touch	Side lunge	Wall sit	Frog jumps
Handstand hold	Archer push ups	Plank hold	Candlestick jump	Goblet squats