B	I	N	G	O
8 Press Handstands	1 Minute Plank Hold (Elbows)	15 Candlestick Stand-ups Left	40 Skaters	25 V-ups
12 Elbows in Push-up to Pike	8 Diamond Push Ups	30 Jump Squats	10 Sprints	50 Front to Back Jumps over Line
Jog 1 Mile	100 Ankle Raises	20 Jumping Lunges	20 Up/Downs (Elbows to Hands)	5 Mins Total Hollow Hold
25 Tricep Dips	30 Sit-ups	15 Candlestick Stand-ups Right	30 Handstand Shoulder Touches	100 Toe Taps
5 Mins Total Handstand Holds	12 Pike Push-ups	Run 10 Stairs	15 Burpees	20 Arch Rocks

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B	I	N	G	O
Jog 1 Mile	100 Ankle Raises	50 Front to Back Jumps over Line	10 Sprints	100 Toe Taps
15 Burpees	5 Mins Total Hollow Hold	20 Jumping Lunges	25 V-ups	30 Sit-ups
12 Elbows in Push-up to Pike	15 Candlestick Stand-ups Left	30 Jump Squats	30 Handstand Shoulder Touches	8 Press Handstands
25 Tricep Dips	12 Pike Push-ups	8 Diamond Push Ups	15 Candlestick Stand-ups Right	40 Skaters
5 Mins Total Handstand Holds	Run 10 Stairs	20 Arch Rocks	1 Minute Plank Hold (Elbows)	20 Up/Downs (Elbows to Hands)

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B	I	N	G	O
5 Mins Total Hollow Hold	30 Handstand Shoulder Touches	12 Pike Push-ups	15 Burpees	15 Candlestick Stand-ups Right
100 Toe Taps	20 Arch Rocks	12 Elbows in Push-up to Pike	20 Jumping Lunges	8 Press Handstands
25 Tricep Dips	5 Mins Total Handstand Holds	30 Jump Squats	100 Ankle Raises	8 Diamond Push Ups
Jog 1 Mile	30 Sit-ups	Run 10 Stairs	10 Sprints	1 Minute Plank Hold (Elbows)
20 Up/Downs (Elbows to Hands)	50 Front to Back Jumps over Line	40 Skaters	15 Candlestick Stand-ups Left	25 V-ups

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