B	I	N	G	O
Tricep dip feet raised	Butt Ups	Hollow Pushup Hold On Elbows	Skaters 30 secs	Pike Handstand Pushup
Gorilla Burpees	Superman Lifts	Shoulder Touch	Calf Raises	Squats
Candle Stick Jump alt feet	Seated straddle up and overs	**FREE**	Mountain Climbers	Squeezers With Hand Support
Passe ries 30 secs each leg	Squat Hold 10 Pulse 10	Perfect Pushup	Side Plank 30 secs each side	Jumping lunges
Inchworm pushups	Press Handstand (wall or couch)	Free	Front Support Extensions	Spiderman Pushup

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B	I	N	G	O
Leg Swing Hops 30 secs each leg	Candle Stick Jump alt feet	Mountain Climbers	Superman Lifts	Calf Raises
Tricep dip feet raised	Squeezers With Hand Support	Seated straddle up and overs	Skaters 30 secs	Press Handstand (wall or couch)
Passe ries 30 secs each leg	Pike Handstand Pushup	**FREE**	Gorilla Burpees	Hollow Pushup Hold On Elbows
Shoulder Touch	Tuck Pike Straddle	Spiderman Pushup	Squat Hold 10 Pulse 10	Free
Front Support Extensions	Side Plank 30 secs each side	Butt Ups	Perfect Pushup	Wall Sit (1 min)

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B	I	N	G	O
Tuck Pike Straddle	Handstand Hold - Tummy To Wall	Candle Stick Jump alt feet	Spiderman Pushup	Gorilla Burpees
Seated straddle up and overs	Handstand Shrugs	Wall Sit (1 min)	Calf Raises	Tricep dip feet raised
Perfect Pushup	Front Support Extensions	**FREE**	Skaters 30 secs	Mountain Climbers
Hollow Pushup Hold On Elbows	Leg Swing Hops 30 secs each leg	Butt Ups	Inchworm pushups	Press Handstand (wall or couch)
Side Plank 30 secs each side	Superman Lifts	Squat Hold 10 Pulse 10	Passe ries 30 secs each leg	Squats

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