

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

B	I	N	G	O
Mountain Climbers	Candle Stick Jump (alt feet)	Passe ries 30 secs each leg	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)
Perfect Pushup	Plank Straddlers	FREE	Handstand Hold - Tummy To Wall	Inchworm pushups
Shoulder Touch	Tuck Pike Straddle	Spiderman Pushup	Squat Hold 10 Pulse 10	Front Support Extensions
Gorilla Burpees	Side Plank 30 secs each side	Butt Ups	Pike Handstand Pushup	Wall Sit (1 min)

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