B	I	N	G	O
Straddle Handstand	Arch Rocks (30 sec)	Frog Jumps	Ninja Leg Kicks	Hollow Pushup Hold (1 min)
Extensions	Stairs (10)	Jumping Tuck Jumps	Burpees	Mountain Climbers
Squat Hold	V Sit	**FREE**	Butt Ups	Handstand Shoulder Touch
Handstand Shrugs	Pushups	Hip Raisers	Handstand Pushup	Jumping Squat Jump
Handstand Hold	Candle Stick Jump	Lunge Kicks	Wall Sit (1 min)	Free

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B	I	N	G	O
V Sit	Burpees	Ninja Leg Kicks	Extensions	Jumping Tuck Jumps
Frog Jumps	Wall Sit (1 min)	Hollow Pushup Hold (1 min)	Candle Stick Jump	Mountain Climbers
Handstand Shrugs	Butt Ups	**FREE**	Handstand Shoulder Touch	Arch Rocks (30 sec)
Handstand Pushup	Lunge Kicks	Straddle Handstand	Free	Pushups
Hip Raisers	Jumping Squat Jump	Squat Hold	Stairs (10)	Handstand Hold

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B	I	N	G	O
Candle Stick Jump	Lunge Kicks	Burpees	Jumping Squat Jump	Butt Ups
Straddle Handstand	Handstand Shrugs	Hip Raisers	Stairs (10)	Hollow Pushup Hold (1 min)
Squat Hold	Free	**FREE**	Pushups	Handstand Pushup
V Sit	Mountain Climbers	Ninja Leg Kicks	Wall Sit (1 min)	Frog Jumps
Handstand Shoulder Touch	Arch Rocks (30 sec)	Jumping Tuck Jumps	Extensions	Handstand Hold

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