B	I	N	G	O
8 RL Slider Splits	10 Arm Circles On Each Arm	2 RL Split Jumps	6 Shoulder Stretches With Slider	4 Needle Kicks On Each Leg
10 Side Lunges	8 LL Slider Splits	6 Kneeling Bridges	10 Laying Down Kicks On Each Leg	8 Bridge Rockers
8 Side Kicks On Each Leg	10 Lunge Bounces On Each Leg	4 Bridge Claps With Hands & Feet	4 Bridge Downs	6 Up Up Down Down RL Split
4 Elbow Elbow Hand Hands Mid Split	6 Middle Split Push-Ups	2 Standing Ring Kicks	4 Standing Pike Stretches	10 Seal Stretches
6 Up Up Down Down LL Split	2 LL Split Jumps	8 Sitting Pike Stretches	2 Pike Jumps	2 Straddle Jumps

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B	I	N	G	O
8 Side Kicks On Each Leg	10 Lunge Bounces On Each Leg	8 Bridge Rockers	10 Laying Down Kicks On Each Leg	10 Seal Stretches
2 Pike Jumps	6 Up Up Down Down RL Split	4 Bridge Claps With Hands & Feet	4 Needle Kicks On Each Leg	6 Middle Split Push-Ups
10 Side Lunges	2 RL Split Jumps	6 Kneeling Bridges	4 Standing Pike Stretches	8 RL Slider Splits
4 Elbow Elbow Hand Hands Mid Split	2 LL Split Jumps	8 LL Slider Splits	2 Standing Ring Kicks	6 Shoulder Stretches With Slider
6 Up Up Down Down LL Split	8 Sitting Pike Stretches	2 Straddle Jumps	10 Arm Circles On Each Arm	4 Bridge Downs

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B	I	N	G	O
6 Up Up Down Down RL Split	4 Standing Pike Stretches	2 LL Split Jumps	2 Pike Jumps	2 Standing Ring Kicks
10 Seal Stretches	2 Straddle Jumps	10 Side Lunges	4 Bridge Claps With Hands & Feet	8 RL Slider Splits
4 Elbow Elbow Hand Hands Mid Split	6 Up Up Down Down LL Split	6 Kneeling Bridges	10 Lunge Bounces On Each Leg	8 LL Slider Splits
8 Side Kicks On Each Leg	6 Middle Split Push-Ups	8 Sitting Pike Stretches	10 Laying Down Kicks On Each Leg	10 Arm Circles On Each Arm
4 Bridge Downs	8 Bridge Rockers	6 Shoulder Stretches With Slider	2 RL Split Jumps	4 Needle Kicks On Each Leg

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