B	I	N	G	O
Dragonflies-1 pass	1 minute bad leg split	10 burpees	30 second mountain climbers	25 lemon squeezers
1 pass dragonflies	5 push-ups	30 second handstand against wall	1 minute good leg split	5 leg lifts stall bars
Jog for 2 minutes	1 minute plank	**FREE**	10 superman rocks	20 second handstand with partner
5 candle stick jumps	20 squat jumps	30 second hold under beam	10 hollow rocks	3 pullups
1 pass Sage with sliders	30 second pike stretch w/partner	1 pass inchworms	panel mat pushes	10 V-ups

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B	I	N	G	O
Jog for 2 minutes	panel mat pushes	1 minute good leg split	20 squat jumps	1 pass dragonflies
30 second mountain climbers	20 second handstand with partner	10 burpees	3 pullups	1 minute plank
10 superman rocks	1 minute bad leg split	**FREE**	10 hollow rocks	30 second hold under beam
10 V-ups	Dragonflies-1 pass	1 pass inchworms	5 candle stick jumps	1 pass Sage with sliders
25 lemon squeezers	10 purpees	5 leg lifts stall bars	30 second handstand against wall	5 push-ups

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B	I	N	G	O
5 candle stick jumps	10 hollow rocks	Jog for 2 minutes	10 V-ups	30 second mountain climbers
30 second pike stretch w/partner	5 leg lifts stall bars	panel mat pushes	20 squat jumps	1 minute plank
30 second hold under beam	1 minute good leg split	**FREE**	10 superman rocks	10 burpees
10 purpees	25 lemon squeezers	1 pass Sage with sliders	1 minute bad leg split	Dragonflies-1 pass
5 push-ups	30 second handstand against wall	20 second handstand with partner	3 pullups	1 pass inchworms

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