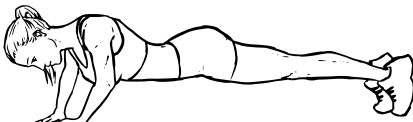
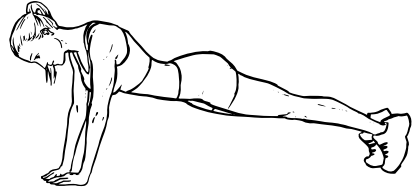


Bingo Wings Be Gone! (Home Workout)



Diamond / Pyramid / Triceps Push-ups

A1



3 sets 10 reps

Dumbbell Squat Thrusters / Squat to Overhead Press

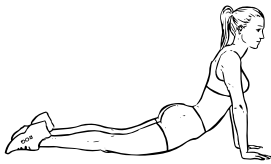
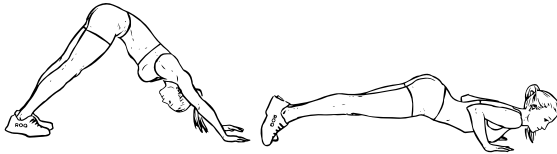
A2



3 sets 15 reps

B1

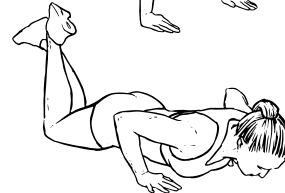
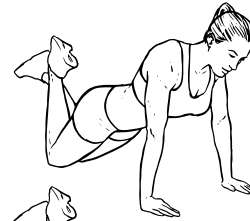
Hindu / Judo Push-up / Dive Bombers



3 sets 10 reps

B2

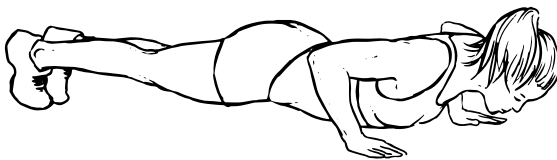
Modified / Knee Push-up



3 sets 15 reps

C

Static Push-up Hold



3 sets 30 seconds

Notes:

**A1 + A2 are to be paired together
B1 + B2 are to be paired together
C is to be completed alone**

**Complete all 3 sets of each pair
before moving on to the next one.**

**A1 can be completed on your knees.
A2 can be completed with bottles of
water or tins if you don't have
weights**