

B	I	N	G	O
50 incurve rockers	1 rope climb	20 giants	5 floor lines	5 beam dismounts
10 split jumps R/L	5 standing back tucks	5 double turns	10 advance tramp skill	5 floor leaps
5 side or front aerials	60 sec handstand hold on fox bar	FREE	10 chin ups	3 beam acros
3 dance through	5 press to handstand	30sec lever hold	20 toe ups	5 beam leaps
20 swivel hips no stop	10 full turns on beam	5 flipping vaults	Circle to handstand 5x	12 needle kicks R/L

B	I	N	G	O
60 sec handstand hold on fox bar	10 advance tramp skill	5 floor lines	10 split jumps R/L	5 double turns
20 giants	Circle to handstand 5x	5 beam dismounts	10 full turns on beam	5 floor leaps
3 dance through	10 chin ups	FREE	3 beam acros	1 rope climb
20 toe ups	5 flipping vaults	50 incurve rockers	12 needle kicks R/L	5 press to handstand
30sec lever hold	5 beam leaps	5 side or front aerials	5 standing back tucks	20 swivel hips no stop

B	I	N	G	O
10 full turns on beam	5 flipping vaults	10 advance tramp skill	5 beam leaps	10 chin ups
50 incurve rockers	3 dance through	30sec lever hold	5 standing back tucks	5 beam dismounts
5 side or front aerials	12 needle kicks R/L	FREE	5 press to handstand	20 toe ups
60 sec handstand hold on fox bar	5 floor leaps	5 floor lines	Circle to handstand 5x	20 giants
3 beam acros	1 rope climb	5 double turns	10 split jumps R/L	20 swivel hips no stop