B	I	N	G	O
25 knee donkey kicks	1 rope	10 Leap passes- Beam	100 heel raises	10 one level up dismounts- Beam
10 H-A-H	25 beam LL	10-10-10	10 Bounder-Bounder-TT	100 duck walks
20 lay to pike sit (Kip drill)	4x4 glide swings	**FREE**	10 Cast as high as can go	10 acro skill- current level
10 acro skill- one level up	100 sit ups	10 current level dismount- Bars	10 Taps swings	10 one level up- front pass- TT
10 RO to Feet- Vault	10 FHS- Vault	100 V-Ups	50 high knees and butt kickers-Vault	10 Jump passes- Beam

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B	I	N	G	O
4x4 glide swings	10 Bounder-Bounder-TT	100 heel raises	10 H-A-H	10-10-10
10 Leap passes-Beam	50 high knees and butt kickers-Vault	10 one level up dismounts-Beam	10 FHS-Vault	100 duck walks
10 acro skill- one level up	10 Cast as high as can go	**FREE**	10 acro skill-current level	1 rope
10 Taps swings	100 V-Ups	25 knee donkey kicks	10 Jump passes-Beam	100 sit ups
10 current level dismount-Bars	10 one level up-front pass- TT	20 lay to pike sit (Kip drill)	25 beam LL	10 RO to Feet-Vault

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B	I	N	G	O
10 FHS-Vault	100 V-Ups	10 Bounder-Bounder-TT	10 one level up-front pass- TT	10 Cast as high as can go
25 knee donkey kicks	10 acro skill- one level up	10 current level dismount-Bars	25 beam LL	10 one level up dismounts-Beam
20 lay to pike sit (Kip drill)	10 Jump passes-Beam	**FREE**	100 sit ups	10 Taps swings
4x4 glide swings	100 duck walks	100 heel raises	50 high knees and butt kickers-Vault	10 Leap passes-Beam
10 acro skill-current level	1 rope	10-10-10	10 H-A-H	10 RO to Feet-Vault

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