

B	I	N	G	O
6 one level up dismounts- Beam	1 minute Dead Hang- Bars	10 Made Turns- Beam	5 Backhand to boulder- Tramp- Vault	15 HS Hops up Panel- Vault
10 Jump passes- Beam	6 mixed grip PU- Each- Bars	20 lay to pike sit (Kip drill)- Bars	10 Boulder-Boulder- TT- Vault	4x4 glide swings- Bars
6 current level dismount- Bars	7 Cast Drill on Quad Bars	FREE	10 Cast as high as can go-Bars	10 acro skill- current level-Beam
10 acro skill- one level up-Beam	50 high knees and butt kickers-Vault	10 one level up- front pass- TT-Vault	10 Taps swings- Bars	20 LL- Bars
10 RO to Feet- Vault	10 FHS- Vault	25 knee donkey kicks- Vault	8 Upgraded Jumps- Beam	10 Leap passes- Beam

B	I	N	G	O
7 Cast Drill on Quad Bars	10 Bounder-Bounder-TT- Vault	5 Backhand to bounder-Tramp-Vault	10 Jump passes-Beam	20 lay to pike sit (Kip drill)-Bars
10 Made Turns-Beam	8 Upgraded Jumps-Beam	15 HS Hops up Panel-Vault	10 FHS-Vault	4x4 glide swings-Bars
10 acro skill- one level up-Beam	10 Cast as high as can go-Bars	FREE	10 acro skill-current level-Beam	1 minute Dead Hang-Bars
10 Taps swings-Bars	25 knee donkey kicks-Vault	6 one level up dismounts-Beam	10 Leap passes-Beam	50 high knees and butt kickers-Vault
10 one level up-front pass-TT-Vault	20 LL-Bars	6 current level dismount-Bars	6 mixed grip PU-Each-Bars	10 RO to Feet-Vault

B	I	N	G	O
10 FHS-Vault	25 knee donkey kicks-Vault	10 Bounder-Bounder-TT- Vault	20 LL-Bars	10 Cast as high as can go-Bars
6 one level up dismounts-Beam	10 acro skill- one level up-Beam	10 one level up-front pass-TT-Vault	6 mixed grip PU-Each-Bars	15 HS Hops up Panel-Vault
6 current level dismount-Bars	10 Leap passes-Beam	FREE	50 high knees and butt kickers-Vault	10 Taps swings-Bars
7 Cast Drill on Quad Bars	4x4 glide swings-Bars	5 Backhand to bounder-Tramp-Vault	8 Upgraded Jumps-Beam	10 Made Turns-Beam
10 acro skill-current level-Beam	1 minute Dead Hang-Bars	20 lay to pike sit (Kip drill)-Bars	10 Jump passes-Beam	10 RO to Feet-Vault