

B	I	N	G	O
stick a beam dismount	3 straddle jumps	back tumbling pass	hold a 3 sec HS on P-bars	do a kip
HS pirouette on floor	stick a back tuck	front tumbling pass	3 tuck jumps	hold a 3 sec HS
sprint down vault	stick a front tuck	FREE	3 wolf jumps	chalk up
circle on pommel	hold a 5 sec side HS on beam	do a FHS or 1/2 on at vault	backwards HS walks across floor	forward rolls across the floor
backhandspring	5 sec L-hold on rings	full turn on beam	tumble pass down TT	HS walk across the floor

B	I	N	G	O
stick a front tuck	3 tuck jumps	hold a 3 sec HS on P-bars	HS pirouette on floor	front tumbling pass
back tumbling pass	tumble pass down TT	do a kip	5 sec L-hold on rings	hold a 3 sec HS
circle on pommel	3 wolf jumps	FREE	chalk up	3 straddle jumps
backwards HS walks across floor	full turn on beam	stick a beam dismount	HS walk across the floor	hold a 5 sec side HS on beam
do a FHS or 1/2 on at vault	forward rolls across the floor	sprint down vault	stick a back tuck	backhandspring

B	I	N	G	O
5 sec L-hold on rings	full turn on beam	3 tuck jumps	forward rolls across the floor	3 wolf jumps
stick a beam dismount	circle on pommel	do a FHS or 1/2 on at vault	stick a back tuck	do a kip
sprint down vault	HS walk across the floor	FREE	hold a 5 sec side HS on beam	backwards HS walks across floor
stick a front tuck	hold a 3 sec HS	hold a 3 sec HS on P-bars	tumble pass down TT	back tumbling pass
chalk up	3 straddle jumps	front tumbling pass	HS pirouette on floor	backhandspring