

B	I	N	G	O
3 Made Back passes	1 rope	10 Made Leap passes with good form	100 sit ups	10 one level up-front pass- TT
10 Jump passes- Beam	25 beam LL	100 V-Ups	10 Bouncer-Bouncer- TT	100 heel raises
25 Swim throughs or split rolls	3 Made Front passes	FREE	10 Cast as high as can go	10 acro skill-current level
10 acro skill- one level up	20 lay to pike sit (Kip drill)	10 one level up dismounts- Beam	10 Taps swings	10-10-10
10 Stuck turns on Floor	10 H-A-H	100 flex to point with band	5 current level dismount- Bars	10 Leap passes- Beam

B	I	N	G	O
3 Made Front passes	10 Boulder-Boulder-TT	100 sit ups	10 Jump passes-Beam	100 V-Ups
10 Made Leap passes with good form	5 current level dismount-Bars	10 one level up-front pass-TT	10 H-A-H	100 heel raises
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 flex to point with band	3 Made Back passes	10 Leap passes-Beam	20 lay to pike sit (Kip drill)
10 one level up dismounts-Beam	10-10-10	25 Swim throughs or split rolls	25 beam LL	10 Stuck turns on Floor

B	I	N	G	O
10 H-A-H	100 flex to point with band	10 Boulder-Boulder- TT	10-10-10	10 Cast as high as can go
3 Made Back passes	10 acro skill- one level up	10 one level up dismounts- Beam	25 beam LL	10 one level up- front pass- TT
25 Swim throughs or split rolls	10 Leap passes- Beam	FREE	20 lay to pike sit (Kip drill)	10 Taps swings
3 Made Front passes	100 heel raises	100 sit ups	5 current level dismount- Bars	10 Made Leap passes with good form
10 acro skill- current level	1 rope	100 V-Ups	10 Jump passes- Beam	10 Stuck turns on Floor