

B	I	N	G	O
5 current level dismount- Bars	1 rope	10 Made Leap passes with good form	25 Swim throughs or split rolls	100 V-Ups
10 Jump passes- Beam	3 Made Front passes	100 heel raises	10 Boulder-Boulder- TT	20 lay to pike sit (Kip drill)
3 Made Back passes	6 acro skill- one level up	FREE	10 Cast as high as can go	10 one level up dismounts- Beam
10 one level up- front pass- TT	25 beam LL	10-10-10	10 Taps swings	100 flex to point with band
10 Stuck turns on Floor	10 H-A-H	100 sit ups	8 Acro Series and single arco if you have it	10 Leap passes- Beam

B	I	N	G	O
6 acro skill- one level up	10 Bounder-Bounder-TT	25 Swim throughs or split rolls	10 Jump passes-Beam	100 heel raises
10 Made Leap passes with good form	8 Acro Series and single arco if you have it	100 V-Ups	10 H-A-H	20 lay to pike sit (Kip drill)
10 one level up-front pass- TT	10 Cast as high as can go	FREE	10 one level up dismounts-Beam	1 rope
10 Taps swings	100 sit ups	5 current level dismount- Bars	10 Leap passes-Beam	25 beam LL
10-10-10	100 flex to point with band	3 Made Back passes	3 Made Front passes	10 Stuck turns on Floor

B	I	N	G	O
10 H-A-H	100 sit ups	10 Boulder-Boulder- TT	100 flex to point with band	10 Cast as high as can go
5 current level dismount- Bars	10 one level up- front pass- TT	10-10-10	3 Made Front passes	100 V-Ups
3 Made Back passes	10 Leap passes- Beam	FREE	25 beam LL	10 Taps swings
6 acro skill- one level up	20 lay to pike sit (Kip drill)	25 Swim throughs or split rolls	8 Acro Series and single arco if you have it	10 Made Leap passes with good form
10 one level up dismounts- Beam	1 rope	100 heel raises	10 Jump passes- Beam	10 Stuck turns on Floor