

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

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

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