

B	I	N	G	O
stalder	2 circles	cast to horizontal	l-sit (10 seconds)	front sault (tramp)
backwards roll handstand	splits	full loop	5 circles	kip
press to handstand	swing to handstand	FREE	back hip circle	drop-kip
front handspring	muscle down	front sault (floor)	dive roll	full circle
dish (1 min)	backflip	headspring	v-sit	cartwheel roundoff

B	I	N	G	O
swing to handstand	5 circles	l-sit (10 seconds)	backwards roll handstand	full loop
cast to horizontal	v-sit	front sault (tramp)	backflip	kip
front handspring	back hip circle	FREE	drop-kip	2 circles
dive roll	headspring	stalder	cartwheel roundoff	muscle down
front sault (floor)	full circle	press to handstand	splits	dish (1 min)

B	I	N	G	O
backflip	headspring	5 circles	full circle	back hip circle
stalder	front handspring	front sault (floor)	splits	front sault (tramp)
press to handstand	cartwheel roundoff	FREE	muscle down	dive roll
swing to handstand	kip	I-sit (10 seconds)	v-sit	cast to horizontal
drop-kip	2 circles	full loop	backwards roll handstand	dish (1 min)