

B	I	N	G	O
upstart on wood	10 sec handstand hold	front somme to land on floor	straddle lever to handstand	handspring over blue vault
cat leap cat leap half turn	tuck back dismount on beam	round off flick tuck on air floor	A stand to handstand pirouette	squat on catch
straight leg split jump on beam	upstarts on polish	FREE	backward roll to handstand	full floor routine
giants on bar	straight front to stand	half on to front support vault	full connected bar routine	perfect competition vault
full clean beam routine x10	cartwheels x10 to land on beam	split leap straight legs on floor	walkover on high beam	free cartwheel on floor

B	I	N	G	O
upstarts on polish	A stand to handstand pirouette	straddle lever to handstand	cat leap cat leap half turn	round off flick tuck on air floor
front sommi to land on floor	walkover on high beam	handspring over blue vault	cartwheels x10 to land on beam	squat on catch
giants on bar	backward roll to handstand	FREE	full floor routine	10 sec handstand hold
full connected bar routine	split leap straight legs on floor	upstart on wood	free cartwheel on floor	straight front to stand
half on to front support vault	perfect competition vault	straight leg split jump on beam	tuck back dismount on beam	full clean beam routine x10

B	I	N	G	O
cartwheels x10 to land on beam	split leap straight legs on floor	A stand to handstand pirouette	perfect competition vault	backward roll to handstand
upstart on wood	giants on bar	half on to front support vault	tuck back dismount on beam	handspring over blue vault
straight leg split jump on beam	free cartwheel on floor	FREE	straight front to stand	full connected bar routine
upstarts on polish	squat on catch	straddle lever to handstand	walkover on high beam	front sommi to land on floor
full floor routine	10 sec handstand hold	round off flick tuck on air floor	cat leap cat leap half turn	full clean beam routine x10