

B	I	N	G	O
Split grip	Ayesha	Cross ankle release	Pole pirouette	Invert
Chopper	Shoulder mount	Martini sit	Back hook spin	Scorpion
Butterfly	Flag pose	FREE	Handstand	Reverse grab
Inside leg hang	Plank hold	Fan kick	Jade split	Elbow grip
Carousel	Chair spin	Knee hold	Climb	Outside leg hang

B	I	N	G	O
Starfish	Pole sit	Plank hold	Martini sit	Reverse grab
Carousel	Chair spin	Outside leg hang	Jade split	Chopper
Knee hold	Back hook spin	FREE	Flag pose	Ayesha
Invert	Split grip	Superman	Climb	Butterfly
Pole pirouette	Cradle spin	Handstand	Cross ankle release	Fan kick

B	I	N	G	O
Knee hold	Chopper	Plank hold	Outside leg hang	Cradle spin
Back hook spin	Superman	Cross ankle release	Starfish	Spin
Climb	Reverse grab	FREE	Inside leg hang	Pole pirouette
Ayesha	Chair spin	Jade split	Handstand	Fireman spin
Split grip	Butterfly	Scorpion	Carousel	Shoulder mount