

B	I	N	G	O
Attempt one new skill on beam with mat alone	10 full turns with stuck landing	3 1/4 Turn Dismounts	5 lunge T levers stuck	4 Cartwheel cartwheels on beam of choice
2 Press Walks without stopping	Arabesque Hold (30 sec.)	5 Roundoffs on floor beam	10 split Jumps with stuck landing	5 cartwheels on high beam stuck
5x dismounts of your choice	Get a spot on one skill	FREE	10 split leaps made	3 Side Handstand Dismounts (Regular)
3 rolls(forward & backward)	5x Combination Jump Sequence (2 jumps)	30 sec. Releve hold each side	3 Side HDST step down to bea (3 sec.)	5 HDSTD step-throughs
3 Forward HDSTD (3 sec.)	2 Back walkovers on LB stuck no mats	5 back handsprings on a line	Give two compliments to two different teammates	20 calf raises (all three directions)

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Get a spot on one skill	10 split Jumps with stuck landing	5 lunge T levers stuck	2 Press Walks without stopping	5 Roundoffs on floor beam
3 1/4 Turn Dismounts	Give two compliments to two different teammates	4 Cartwheel cartwheels on beam of choice	2 Back walkovers on LB stuck no mats	5 cartwheels on high beam stuck
3 rolls(forward & backward)	10 split leaps made	FREE	3 Side Handstand Dismounts (Regular)	10 full turns with stuck landing
3 Side HDST step down to bea (3 sec.)	5 back handsprings on a line	Attempt one new skill on beam with mat alone	20 calf raises (all three directions)	5x Combination Jump Sequence (2 jumps)
30 sec. Releve hold each side	5 HDSTD step-throughs	5x dismounts of your choice	Arabesque Hold (30 sec.)	3 Forward HDSTD (3 sec.)

B	I	N	G	O
2 Back walkovers on LB stuck no mats	5 back handsprings on a line	10 split Jumps with stuck landing	5 HDSTD step-throughs	10 split leaps made
Attempt one new skill on beam with mat alone	3 rolls(forward & backward)	30 sec. Releve hold each side	Arabesque Hold (30 sec.)	4 Cartwheel cartwheels on beam of choice
5x dismounts of your choice	20 calf raises (all three directions)	FREE	5x Combination Jump Sequence (2 jumps)	3 Side HDST step down to bea (3 sec.)
Get a spot on one skill	5 cartwheels on high beam stuck	5 lunge T levers stuck	Give two compliments to two different teammates	3 1/4 Turn Dismounts
3 Side Handstand Dismounts (Regular)	10 full turns with stuck landing	5 Roundoffs on floor beam	2 Press Walks without stopping	3 Forward HDSTD (3 sec.)