

B	I	N	G	O
straddle rope climb	25 push ups 30 secs	cartwheel on beam	longest L-hold	front tuck tramp
backhandspring	straddle jump	jump full turn both ways floor	25 v-snaps 30 secs	leap progression beam
split leap	turn in routine beam	FREE	3 cast to front support	flat splits x3
front handspring	longest chin up hold	front layout tramp	comp vault	full turn
cast to handstand	NEW SKILL!!!	kip	walkover on beam	backward roll to handstand

B	I	N	G	O
turn in routine beam	25 v-snaps 30 secs	longest L-hold	backhandspring	jump full turn both ways floor
cartwheel on beam	walkover on beam	front tuck tramp	NEW SKILL!!!	leap progression beam
front handspring	3 cast to front support	FREE	flat splits x3	25 push ups 30 secs
comp vault	kip	straddle rope climb	backward roll to handstand	longest chin up hold
front layout tramp	full turn	split leap	straddle jump	cast to handstand

B	I	N	G	O
NEW SKILL!!!	kip	25 v-snaps 30 secs	full turn	3 cast to front support
straddle rope climb	front handspring	front layout tramp	straddle jump	front tuck tramp
split leap	backward roll to handstand	FREE	longest chin up hold	comp vault
turn in routine beam	leap progression beam	longest L-hold	walkover on beam	cartwheel on beam
flat splits x3	25 push ups 30 secs	jump full turn both ways floor	backhandspring	cast to handstand