B	I	N	G	O
straddle rope climb	20 sec L-hold	backhandspring	kip	front handspring
3 cast to front support	straddle jump	front tuck tramp	20 sec chin up hold	jump full turn both ways floor
split leap	turn in routine beam	**FREE**	25 push ups 30 secs	cast to handstand
comp vault	leap progression beam	flat splits x3	cartwheel on beam	front layout tramp
backward roll to handstand	25 v-snaps 30 secs	full turn	walkover on beam	NEW SKILL!!!

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B	I	N	G	O
turn in routine beam	20 sec chin up hold	kip	3 cast to front support	front tuck tramp
backhandspring	walkover on beam	front handspring	25 v-snaps 30 secs	jump full turn both ways floor
comp vault	25 push ups 30 secs	**FREE**	cast to handstand	20 sec L-hold
cartwheel on beam	full turn	straddle rope climb	NEW SKILL!!!	leap progression beam
flat splits x3	front layout tramp	split leap	straddle jump	backward roll to handstand

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B	I	N	G	O
25 v-snaps 30 secs	full turn	20 sec chin up hold	front layout tramp	25 push ups 30 secs
straddle rope climb	comp vault	flat splits x3	straddle jump	front handspring
split leap	NEW SKILL!!!	**FREE**	leap progression beam	cartwheel on beam
turn in routine beam	jump full turn both ways floor	kip	walkover on beam	backhandspring
cast to handstand	20 sec L-hold	front tuck tramp	3 cast to front support	backward roll to handstand

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