

B	I	N	G	O
Passe hold on toe RIGHT (10 seconds)	1 routine	Dismount of choice - 3 stuck	Mirror a friend's routine	Hold RIGHT splits on beam (30 sec)
Candle hold (1 sec) return to stand	Passe hold on toe LEFT (10 seconds)	Jump combination - no pause - stuck	2 lengths hollow body springs	Long jumps 2 lengths of beam
Needle scale kicks (3 each leg)	Punch straight jump dismount to stick (3)	FREE	Arabesque above horizontal (3 sec hold)	Handstand hold with spot (3 seconds) stuck
Hold LEFT splits on beam (30 sec)	Mount of choice to stand (5)	Hold MIDDLE splits on beam (30 sec)	Half or Full turn - stuck (3)	Inchworm 2 lengths of beam
Forward roll stuck (2)	Backwalkover or bridge hold (2)	Leap combination - no pause - stuck	Walk 3 lines on toes with bean bag balance	Cartwheel - stuck (2)

B	I	N	G	O
Punch straight jump dismount to stick (3)	2 lengths hollow body springs	Mirror a friend's routine	Candle hold (1 sec) return to stand	Jump combination - no pause - stuck
Dismount of choice - 3 stuck	Walk 3 lines on toes with bean bag balance	Hold RIGHT splits on beam (30 sec)	Backwalkover or bridge hold (2)	Long jumps 2 lengths of beam
Hold LEFT splits on beam (30 sec)	Arabesque above horizontal (3 sec hold)	FREE	Handstand hold with spot (3 seconds) stuck	1 routine
Half or Full turn - stuck (3)	Leap combination - no pause - stuck	Passe hold on toe RIGHT (10 seconds)	Cartwheel - stuck (2)	Mount of choice to stand (5)
Hold MIDDLE splits on beam (30 sec)	Inchworm 2 lengths of beam	Needle scale kicks (3 each leg)	Passe hold on toe LEFT (10 seconds)	Forward roll stuck (2)

B	I	N	G	O
Backwalkover or bridge hold (2)	Leap combination - no pause - stuck	2 lengths hollow body springs	Inchworm 2 lengths of beam	Arabesque above horizontal (3 sec hold)
Passe hold on toe RIGHT (10 seconds)	Hold LEFT splits on beam (30 sec)	Hold MIDDLE splits on beam (30 sec)	Passe hold on toe LEFT (10 seconds)	Hold RIGHT splits on beam (30 sec)
Needle scale kicks (3 each leg)	Cartwheel - stuck (2)	FREE	Mount of choice to stand (5)	Half or Full turn - stuck (3)
Punch straight jump dismount to stick (3)	Long jumps 2 lengths of beam	Mirror a friend's routine	Walk 3 lines on toes with bean bag balance	Dismount of choice - 3 stuck
Handstand hold with spot (3 seconds) stuck	1 routine	Jump combination - no pause - stuck	Candle hold (1 sec) return to stand	Forward roll stuck (2)