

B	I	N	G	O
Stick 1 front tuck	1 Double leg circle	Back hip circle under-swing	Muscle up	Horizontal long swing
2 Second Shoulder stand	Spin the cat hold 2 seconds	Left leg splits	10 Leg lifts	Round off onto height
Stick back tuck dismount on rings	2 Chin ups on bars	FREE	Front handspring flat back	Front shoulder roll (p-bars)
Round off back handspring	Horizontal Cross support swings	Middle splits	Dive roll	Kip
2 Double leg circles	Right Leg splits	3 Second L-hang on rings	Wende p-bar dismount	Back handspring

B	I	N	G	O
Stick back tuck dismount on rings	Wende p-bar dismount	10 Leg lifts	Horizontal Cross support swings	2 Second Shoulder stand
Muscle up	Front shoulder roll (p-bars)	Back hip circle under-swing	Kip	2 Chin ups on bars
Front handspring flat back	1 Double leg circle	FREE	Dive roll	Middle splits
Back handspring	Stick 1 front tuck	3 Second L-hang on rings	Round off back handspring	2 Double leg circles
Horizontal long swing	Front handspring Vault	Round off onto height	Left leg splits	Spin the cat hold 2 seconds

B	I	N	G	O
Round off back handspring	Dive roll	Stick back tuck dismount on rings	Back handspring	Muscle up
Right Leg splits	Round off onto height	Wende p-bar dismount	Horizontal Cross support swings	2 Chin ups on bars
Middle splits	10 Leg lifts	FREE	Front handspring flat back	Back hip circle under-swing
Front handspring Vault	Horizontal long swing	2 Double leg circles	1 Double leg circle	Stick 1 front tuck
Spin the cat hold 2 seconds	Left leg splits	Front shoulder roll (p-bars)	Kip	3 Second L-hang on rings