

B	I	N	G	O
Stick 1 front tuck	1 Double leg circle	Back hip circle under-swing	Muscle up	Horizontal Cross support swings
3 Second L-hang on rings	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	Kip	Front handspring Vault
2 Second Shoulder stand	Front handspring flat back	Right Leg splits	Front shoulder roll (p-bars)	Middle splits
Round off back handspring	Front Walkover	Dive roll	Horizontal long swing	2 Double leg circles

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

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