

B	I	N	G	O
Tuck Jump	10 sec. Hollow Hold	Bars	Rings	Forward Roll
5 V-Ups	Straight Jump	Leotard	5 Donkey Kicks	PGA
Stick it!	Tumble Track	FREE	5 Push- Ups	Cartwheel
Finish	Start	Floor	Candlestick	Handstand
Beam	5 Squat Jumps	P-Bars	Vault	Backwards Roll

B	I	N	G	O
Tumble Track	5 Donkey Kicks	Rings	5 V-Ups	Leotard
Bars	Vault	Forward Roll	5 Squat Jumps	PGA
Finish	5 Push- Ups	FREE	Cartwheel	10 sec. Hollow Hold
Candlestick	P-Bars	Tuck Jump	Backwards Roll	Start
Floor	Handstand	Stick it!	Straight Jump	Beam

B	I	N	G	O
5 Squat Jumps	P-Bars	5 Donkey Kicks	Handstand	5 Push- Ups
Tuck Jump	Finish	Floor	Straight Jump	Forward Roll
Stick it!	Backwards Roll	FREE	Start	Candlestick
Tumble Track	PGA	Rings	Vault	Bars
Cartwheel	10 sec. Hollow Hold	Leotard	5 V-Ups	Beam