

B	I	N	G	O
Vault stick	1/2 twist on tramp	Cartwheel on beam	Monkey giant	Head in on bar D.mount
50 pushups	Tap to horiz.	Hollow Jump to H.bar	10 strict pullups	Kip Cast
Straight arm BER	stick it	FREE	² backhandsprings	Dont eat the Chalk
Front handspring w/rebound	Stalder hold 10 seconds	Front tuck on floor	Clear hip on strap bar	Head in on vault 3x
Cast to horizontal	5 second handstand	Jump to handstand on bar	vault block w/correct arms	Back tuck on TT

B	I	N	G	O
stick it	10 strict pullups	Monkey giant	50 pushups	Hollow Jump to H.bar
Cartwheel on beam	vault block w/correct arms	Head in on bar D.mount	5 second handstand	Kip Cast
Front handspring w/rebound	² backhandsprings	FREE	Dont eat the Chalk	1/2 twist on tramp
Clear hip on strap bar	Jump to handstand on bar	Vault stick	Back tuck on TT	Stalder hold 10 seconds
Front tuck on floor	Head in on vault 3x	Straight arm BER	Tap to horiz.	Cast to horizontal

B	I	N	G	O
5 second handstand	Jump to handstand on bar	10 strict pullups	Head in on vault 3x	² backhandsprings
Vault stick	Front handspring w/rebound	Front tuck on floor	Tap to horiz.	Head in on bar D.mount
Straight arm BER	Back tuck on TT	FREE	Stalder hold 10 seconds	Clear hip on strap bar
stick it	Kip Cast	Monkey giant	vault block w/correct arms	Cartwheel on beam
Dont eat the Chalk	1/2 twist on tramp	Hollow Jump to H.bar	50 pushups	Cast to horizontal