

B	I	N	G	O
stuck dismount on bars	10 push ups	5 back extension rolls to handstand	Stuck leap series on floor	Connect 2 long hang kips
3 - 30 second hollow holds	round off on low beam	Press handstand	10 toe turns on floor w/o dropping heel	Stuck leap series on beam
handstand pirouette on floor	stuck dismount on beam	FREE	2 kips with straight arms	5 standing back tucks
5 stuck full turns on beam	handstand forward roll with straight arms	Bar routine with no stops or extra swings	5 squat ons with legs together	Dance through on floor - college style
5 mounts on beam (connected and wobble free)	20 v-ups	Ro Bhs bhs with legs together	stuck series on beam	3 pullovers w/o leg bend

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Bar routine with no stops or extra swings	Dance through on floor - college style	handstand pirouette on floor	round off on low beam	5 mounts on beam (connected and wobble free)

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5 standing back tucks	10 push ups	Press handstand	3 - 30 second hollow holds	5 mounts on beam (connected and wobble free)