

B	I	N	G	O
sit ups	1 foot forward back bend	dips	push ups	kicks
back bend kick over	shot thrus	lunges	1 hand cartwheel	routine
split on the beam	ariel	handstand-beam	headstand	roundoff
high kick	pullover	front hip circle	left splits	back bend
right splits	backhandspring	wall sit	cartwheel	handstand

B	I	N	G	O
split on the beam	ariel	routine	1 hand cartwheel	back bend
cartwheel	roundoff	handstand-beam	kicks	pullovers
back bend kick over	dips	lunges	left splits	sit ups
high kick	backhandspring	shot thrus	front hip circle	push ups
right splits	wall sit	handstand	1 foot forward back bend	headstand

B	I	N	G	O
roundoff	left splits	backhandspring	cartwheel	front hip circle
back bend	handstand	back bend kick over	handstand-beam	sit ups
high kick	right splits	lunges	ariel	shot thrus
split on the beam	pullovers	wall sit	1 hand cartwheel	1 foot forward back bend
headstand	routine	push ups	dips	kicks