

B	I	N	G	O
5 beam routines	10 bhs connections on floor	20 hand stand straddle	20 side crunches	20 pull ups
20 bhs connections on trampoline	30 second plank	20 pull ups	10 bhs connections on floor	20 side crunches
30 second plank	5 beam routines	FREE	10 bhs connections on floor	20 leg lifts
20 leg lifts	30 second plank	20 leg lifts	20 hand stand straddle	20 pull ups
20 hand stand straddle	20 bhs connections on trampoline	20 side crunches	5 beam routines	20 bhs connections on trampoline

B	I	N	G	O
5 beam routines	10 bhs connections on floor	20 side crunches	20 bhs connections on trampoline	20 pull ups
20 hand stand straddle	5 beam routines	20 pull ups	20 bhs connections on trampoline	20 side crunches
20 leg lifts	10 bhs connections on floor	FREE	20 leg lifts	10 bhs connections on floor
20 hand stand straddle	20 side crunches	5 beam routines	20 bhs connections on trampoline	30 second plank
20 leg lifts	20 pull ups	30 second plank	30 second plank	20 hand stand straddle

B	I	N	G	O
20 bhs connections on trampoline	20 side crunches	10 bhs connections on floor	20 pull ups	10 bhs connections on floor
5 beam routines	20 leg lifts	20 leg lifts	30 second plank	20 pull ups
30 second plank	20 bhs connections on trampoline	FREE	30 second plank	20 hand stand straddle
5 beam routines	20 side crunches	20 side crunches	5 beam routines	20 hand stand straddle
20 leg lifts	10 bhs connections on floor	20 pull ups	20 bhs connections on trampoline	20 hand stand straddle