

B	I	N	G	O
Straddle Handstand on Bars	1 min handstand hold	20 Handstand Shrugs	Free	5 back handsprings on BB
15 Pushups	Side/Front Aerial on BB	Back Walkover on BB	1 minute Squat Hold	Fly Away Half on Bars
Hollow Pushup Hold (1 min)	10 drop kips	FREE	50 Mountain Climbers	5 Back Extensions
5 Giants	Front Walkover on BB	5 Press Handstands	Bridge Walk Across the Floor	Handstand Pushup
30 shoulder taps	30 Frog Jumps	5 free hips	10 stuck back tucks	10 stuck front tucks

B	I	N	G	O
50 Mountain Climbers	5 back handsprings on BB	10 drop kips	Hollow Pushup Hold (1 min)	10 stuck back tucks
Free	5 Back Extensions	5 Giants	Side/Front Aerial on BB	1 minute Squat Hold
Try a new pass on TT	5 free hips	FREE	15 Pushups	20 Handstand Shrugs
Bridge Walk Across the Floor	Fly Away Half on Bars	Back Walkover on BB	Front Walkover on BB	10 stuck front tucks
1 min handstand hold	Straddle Handstand on Bars	Wall Sit (1 min)	20 Candle Stick Jumps	30 Frog Jumps

B	I	N	G	O
50 Mountain Climbers	15 Pushups	Bridge Walk Across the Floor	20 Candle Stick Jumps	1 minute Squat Hold
1 min handstand hold	Wall Sit (1 min)	Try a new pass on TT	10 stuck front tucks	Side/Front Aerial on BB
20 Burpees	Front Walkover on BB	FREE	5 Press Handstands	Fly Away Half on Bars
5 free hips	5 Giants	5 Back Extensions	10 drop kips	Handstand Pushup
10 stuck back tucks	Hollow Pushup Hold (1 min)	5 back handsprings on BB	20 Handstand Shrugs	Back Walkover on BB