

B	I	N	G	O
Try a New Pass on TT	10 HS Pops	5 Press Handstands	Flyaway Half	BHS Two Feet Across Fx
15 Pull Ups	Straddle HS on Bars	Back Walkover on BB	10 Leg Lifts	Stick a Front Pike
Try a New Skill on BB	10 Stuck Back Tucks	FREE	5x Sprints	8 Free-hips
Stick 10 Full Turns on BB	BHS Tuck/Layout	Bridge Walk Across Fx	5 Push Away Kips	BHS on BB
10 Stuck Front Tucks	Front/Side Aerial on BB	1min Handstand Hold	Try a New Skill on UB	5 Giants

B	I	N	G	O
Try a New Skill on BB	Try a New Skill on UB	10 Leg Lifts	BHS Tuck/Layout	15 Pull Ups
Flyaway Half	8 Free-hips	5 Press Handstands	BHS on BB	10 Stuck Back Tucks
5x Sprints	10 HS Pops	FREE	5 Push Away Kips	Bridge Walk Across Fx
5 Giants	Try a New Pass on TT	1min Handstand Hold	Stick 10 Full Turns on BB	10 Stuck Front Tucks
BHS Two Feet Across Fx	50 Jumping Jacks	Stick a Front Pike	Back Walkover on BB	Straddle HS on Bars

B	I	N	G	O
Stick 10 Full Turns on BB	5 Push Away Kips	Try a New Skill on BB	5 Giants	Flyaway Half
Front/Side Aerial on BB	Stick a Front Pike	Try a New Skill on UB	BHS Tuck/Layout	10 Stuck Back Tucks
Bridge Walk Across Fx	10 Leg Lifts	FREE	5x Sprints	5 Press Handstands
50 Jumping Jacks	BHS Two Feet Across Fx	10 Stuck Front Tucks	10 HS Pops	Try a New Pass on TT
Straddle HS on Bars	Back Walkover on BB	8 Free-hips	BHS on BB	1min Handstand Hold