B	I	N	G	O
Run around the floor	10 V-Ups	30 hoola hoops	New skill	5 round off backhand spring down cheese
25 sliders	Routine	Dance through	10 full turns	Handstand hold
Routine	Wall handstand	**FREE**	10 jumping jacks	5 front tucks
5 leap passes	Routine	5 push ups	4 tumbling pass	5 split jumps
30 sec plank hold	20 jump rope	Dance through no music	You pick x 5	3 front handspring

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B	I	N	G	O
Wall handstand	10 full turns	New skill	25 sliders	Dance through
30 hoola hoops	You pick x 5	5 round off backhand spring down cheese	20 jump rope	Handstand hold
5 leap passes	10 jumping jacks	**FREE**	5 front tucks	10 V-Ups
4 tumbling pass	Dance through no music	Run around the floor	3 front handspring	Routine
5 push ups	5 split jumps	Routine	Routine	30 sec plank hold

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B	I	N	G	O
20 jump rope	Dance through no music	10 full turns	5 split jumps	10 jumping jacks
Run around the floor	5 leap passes	5 push ups	Routine	5 round off backhand spring down cheese
Routine	3 front handspring	**FREE**	Routine	4 tumbling pass
Wall handstand	Handstand hold	New skill	You pick x 5	30 hoola hoops
5 front tucks	10 V-Ups	Dance through	25 sliders	30 sec plank hold

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