B	I	N	G	O
Routine	10 hollow rocks	3 kips no tap	5 you pick	5 glides no tap
3 cast handstands	Routine	5 second half	10 leg lifts	Routine
Routine	2 clear hips	**FREE**	5 1st half	5 candle stick jump
Routine	5 chin ups	5 squat on drills	3 you pick	5 pull over chin hold pull over
20 sliders	6 90* cast	3 continuing kips	Routine	3 dismounts

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B	I	N	G	O
Routine	Routine	10 leg lifts	5 chin ups	3 cast handstands
5 you pick	5 candle stick jump	3 kips no tap	5 pull over chin hold pull over	2 clear hips
5 1st half	10 hollow rocks	**FREE**	3 you pick	5 squat on drills
3 dismounts	Routine	3 continuing kips	Routine	20 sliders
5 glides no tap	4 dismounts	Routine	5 second half	Routine

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B	I	N	G	O
Routine	3 you pick	Routine	3 dismounts	5 you pick
6 90* cast	Routine	Routine	5 chin ups	2 clear hips
5 squat on drills	10 leg lifts	**FREE**	5 1st half	3 kips no tap
4 dismounts	5 glides no tap	20 sliders	10 hollow rocks	Routine
Routine	5 second half	5 candle stick jump	5 pull over chin hold pull over	3 continuing kips

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