B	I	N	G	O
8 full turns that land straight	1 row of squat thrust long jumps	3 handstand rolls step out cartwhl	6 front tucks or 3 landed well	5 bad side cartwheels swing through back walkover
20 elbow plank hip dips	8 candlestick jumps feet tight	5 round offs to a kneel on cheese	1 row side cartwheels on a line	5 tight back walkovers
6 standing needle kicks on each leg	on your back 20 kicks each leg	**FREE**	10 ring kicks each leg	4 good front handsprings
4 of an extra acro skill or pass	6 leap passes	4 straight arm back extensions	3 standing tuck on tramp or in pit	5 leaps up to a panel mat
3 round off back handspring passes	2 kneeling bridges perfectly or 4	5 standing back handspring over mat	on your side 20 kicks each leg	3 bridge stand ups arms by ears

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B	I	N	G	O
on your back 20 kicks each leg	1 row side cartwheels on a line	6 front tucks or 3 landed well	20 elbow plank hip dips	5 round offs to a kneel on cheese
3 handstand rolls step out cartwhl	on your side 20 kicks each leg	5 bad side cartwheels swing through back walkover	2 kneeling bridges perfectly or 4	5 tight back walkovers
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