B	I	N	G	O
hula hoop turn 15x inside	1 in a row 3/4 turn NW	10 candle stick jumps each	everyone does 12 V ups with theraband over feet	8 mounts off board outside bar to hips
1 leg front on beam with mats get to 15 stuck	everyone does 50 elbow lifts	Kneel up hand 30 sec	1 in a row ft NW on beam	each person does 3 swing 1/2 attempted turns or uprise varonan
everyone does 20 stomach rocker arch ups	kip handstand on lb til there are 12 verticals	**FREE**	1 in a row jump over flag beam fall over	6 vertical circling elements
8 1/2 pirouettes on lb	everyone does 15 up up down down on elbows	8 mounts off board in between bars to hips	3 diff people in group make 1 held hand out of 10 bounce ups on fb	8 standing back tucks stuck in a row as a group
10 doubles on tramp	1 in a row leap passes on beam made	bungee hand on fb til 30 sec	one person who makes 7 in a row spinners	1 stuck dmt each or 2 1 steps

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B	I	N	G	O
kip handstand on lb til there are 12 verticals	1 in a row ft NW on beam	everyone does 12 V ups with theraband over feet	1 leg front on beam with mats get to 15 stuck	Kneel up hand 30 sec
10 candle stick jumps each	one person who makes 7 in a row spinners	8 mounts off board outside bar to hips	1 in a row leap passes on beam made	each person does 3 swing 1/2 attempted turns or uprise varonan
8 1/2 pirouettes on lb	1 in a row jump over flag beam fall over	**FREE**	6 vertical circling elements	1 in a row 3/4 turn NW
3 diff people in group make 1 held hand out of 10 bounce ups on fb	bungee hand on fb til 30 sec	hula hoop turn 15x inside	1 stuck dmt each or 2 1 steps	everyone does 15 up up down down on elbows
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B	I	N	G	O
1 in a row leap passes on beam made	bungee hand on fb til 30 sec	1 in a row ft NW on beam	8 standing back tucks stuck in a row as a group	1 in a row jump over flag beam fall over
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