

B	I	N	G	O
levering side handstand	20 cast on bar	8 pull over on bar	half turn	arabesque 25 degrees
8 back hip circle	leg cuts on bars	cartwheel round off	5 T needle both legs	chasse step leap
kicks	releve walks with straight legs	FREE	6 burpees	8-pike backward roll
Pivot turns with straight legs	handstand flat back	T balanced	8 tock jump	bridge kick over
8 split jump both legs	7 step run hurdle punch board	cast back hip circle push	squat on bar	8 chase step leap

B	I	N	G	O
releve walks with straight legs	5 T needle both legs	half turn	8 back hip circle	cartwheel round off
8 pull over on bar	squat on bar	arabesque 25 degrees	7 step run hurdle punch board	chasse step leap
Pivot turns with straight legs	6 burpees	FREE	8-pike backward roll	20 cast on bar
8 tock jump	cast back hip circle push	levering side handstand	8 chase step leap	handstand flat back
T balanced	bridge kick over	kicks	leg cuts on bars	8 split jump both legs

B	I	N	G	O
7 step run hurdle punch board	cast back hip circle push	5 T needle both legs	bridge kick over	6 burpees
levering side handstand	Pivot turns with straight legs	T balanced	leg cuts on bars	arabesque 25 degrees
kicks	8 chase step leap	FREE	handstand flat back	8 tock jump
releve walks with straight legs	chasse step leap	half turn	squat on bar	8 pull over on bar
8-pike backward roll	20 cast on bar	cartwheel round off	8 back hip circle	8 split jump both legs