

B	I	N	G	O
Table Top	5 Push Ups	1/2 Turn	Forward Kicks	Side Support
Jump Full Turn	Bunny Hops	Stretching Cat	Pivot Turn	5 Squats
Seal	Straddle Sit	FREE	Tuck Sit	Back Support
Pike Toe Touch	Half Circles with Neck	Handstand	Splits	Hollow Hold
Run on the Spot	Stork Stand	Jump 1/2 Turn	Front Support	Half Turn

B	I	N	G	O
Frog Jumps	Lunge	Handstand	Forward Walking	Backward Arm Circles
Backwards Kicks	Pike Sit	Jump from block to land	Jump 1/2 Turn	Arabesque
Straddle Sit	Sideways Kicks	FREE	Half Circles with Neck	Back Support
Stretching Cat	5 Squats	Tuck Sit	Straddle Toe Touch	5 Sit Ups
Pike Toe Touch	Side Support	Half Turn	Headstand	Candle Stick

B	I	N	G	O
Forward Roll	Straddle Toe Touch	Plank	Tuck Sit	Sideways Kicks
Seal	Pivot Turn	Splits	Back Support	Bear Crawl
Presentation	Jump from block to land	FREE	Bunny Hops	Run on the Spot
Pike Jump	5 Sit Ups	Half Circles with Neck	1/2 Turn	Jump Full Turn
Pike Sit	Table Top	Backward Arm Circles	Y-Scale	V balance