

B	I	N	G	O
right leg split jump	1 backward roll	2 handstand blocks	arabesque	5 sit ups
1 handstand	pike stretch	5 straight kicks	1 bridge	5 v ups
left leg split jump	seal stretch	FREE	1 cartwheel	5 lemon squeezer s
5 push ups	jump full turn	5 second hollow hold	5 arch ups	5 straight jumps
3 wall blocks	1 forward roll	5 tuck jumps	straddle jump	1 passe half turn

B	I	N	G	O
seal stretch	1 bridge	arabesque	1 handstand	5 straight kicks
2 handstand blocks	straddle jump	5 sit ups	1 forward roll	5 v ups
5 push ups	1 cartwheel	FREE	5 lemon squeezer s	1 backward roll
5 arch ups	5 tuck jumps	right leg split jump	1 passe half turn	jump full turn
5 second hollow hold	5 straight jumps	left leg split jump	pike stretch	3 wall blocks

B	I	N	G	O
1 forward roll	5 tuck jumps	1 bridge	5 straight jumps	1 cartwheel
right leg split jump	5 push ups	5 second hollow hold	pike stretch	5 sit ups
left leg split jump	1 passe half turn	FREE	jump full turn	5 arch ups
seal stretch	5 v ups	arabesque	straddle jump	2 handstand blocks
5 lemon squeezers	1 backward roll	5 straight kicks	1 handstand	3 wall blocks