

B	I	N	G	O
Side bend to the right- 3 X	10 Butt kicks- left leg	10 Butt kicks - right leg	15 small arm circles	Jump 5 Times
8 Lunges to the right	12 Calf raises	Run in place-20 seconds	Belly Breathe -6 breaths	10 Hula-hoop hip circles
Jump 10 Times	Roll shoulders back- 20 seconds	FREE	Skip in a Circle	10 Jumping Jacks
5 Jumping Jacks	10 Squats	5 Push Ups	Reach to your toes- hold 15 sec	5 Sit-Ups
Freeze	Roll Shoulders 5 Seconds	3 Volleyball Spikes	3 Soccer Kicks	Balance on left leg- 10 seconds

B	I	N	G	O
5 Push Ups	3 Soccer Kicks	10 Push-Ups	10 Sit-Ups	Balance on right leg- 10 seconds
8 Lunges to the right	8 Lunges to the left	10 Jumping Jacks	Roll shoulders back- 20 seconds	Jump 5 Times
5 Jumping Jacks	5 Lunges	FREE	Run in place-20 seconds	10 Hula-hoop hip circles
Skip in a Circle	10 Butt kicks- left leg	12 Calf raises	20 High knees	Fall Asleep
Reach to the ceiling- 3 X	Jump 10 Times	Belly Breathe -6 breaths	Reach to your toes- hold 15 sec	10 Squats

B	I	N	G	O
Freeze	8 Lunges to the right	12 Calf raises	Balance on left leg- 10 seconds	10 Butt kicks- left leg
5 Jumping Jacks	10 Butt kicks - right leg	8 Lunges to the left	Balance on right leg- 10 seconds	Side bend to the right- 3 X
10 Push-Ups	Twist side to side 20 seconds	FREE	Step forward and back - 20 x	15 Seconds march in place
10 Jumping Jacks	Jump 5 Times	Belly Breathe -6 breaths	15 Tiny Knee Bends	Skip in a Circle
10 Squats	10 Hula-hoop hip circles	Jump 10 Times	5 Lunges	15 small arm circles