

B	I	N	G	O
touch left elbow to right knee 40 times	25 butt kicks ea side	crab walk 10 times	side plank 30 seconds each side	reach arms straight overhead for 60 sec
50 small arm circles	stand on one foot with eyes closed for 40 sec	run in place for 70 seconds	25 sit-ups	stand on left foot for 30 seconds
50 heel raises	jump 25 times	FREE	march in place	skip around for 30 seconds
max out push-up	side lunge 12 each leg	glute bridge hold for 30 seconds	reach for toes for 1 min	cross legs and reach for toes for 60 sec dance
50 jumping jacks	50 large arm circles	rotate shoulders backwards 50 plank shoulder taps 12 each	50 toe raises	shrug shoulders 50 times

B	I	N	G	O
touch right elbow to left knee 30 times	sit against a wall for 60 seconds	side lunge 12 each leg	run in place for 70 seconds	skip around for 30 seconds
50 jumping jacks	50 large arm circles	shrug shoulders 50 times	reach for toes for 1 min	50 small arm circles
rotate shoulders backwards 50 plank shoulder taps 12 each	25 sit-ups	FREE	jump 25 times	25 butt kicks ea side
reach arms straight overhead for 60 sec	touch left elbow to right knee 40 times	walk backwards 10 times	50 toe raises	50 heel raises
side plank 30 seconds each side	choose your own exercise	march in place	crab walk 10 times	glute bridge hold for 30 seconds

B	I	N	G	O
rotate shoulders backwards 50 plank shoulder taps 12 each	50 small arm circles	side lunge 12 each leg	shrug shoulders 50 times	choose your own exercise
25 sit-ups	walk backwards 10 times	crab walk 10 times	touch right elbow to left knee 30 times	stand on right foot for 60 seconds
50 toe raises	skip around for 30 seconds	FREE	max out push-up	side plank 30 seconds each side
25 butt kicks ea side	50 large arm circles	reach for toes for 1 min	march in place	hold a plank position for 120 sec
touch left elbow to right knee 40 times	50 heel raises	stand on left foot for 30 seconds	50 jumping jacks	stand on one foot with eyes closed for 40 sec