

B	I	N	G	O
Sit to Stand (5 times)	Arm Circles	Chest Stretch	Seated Jumping Jacks	Knee Extension
Balancing Toe Taps	Sit & Reach	Neck Stretch (Yes motion)	Arm Punches	Reach & Bend
Shoulder Flex	Squeeze Shoulder Blades together	FREE	Arm Raise	Feet shoulder width apart and move knees together (feet planted)
Feet together and move knees away (feet planted)	Shin Strengtheners	Heel Raises	Elbow to Knee	Neck Stretch (No motion)
Elbow Press	Arm Reach	Neck Stretch (from left to right shoulder)	Tummy Twist	Chest Press

B	I	N	G	O
Squeeze Shoulder Blades together	Arm Punches	Seated Jumping Jacks	Balancing Toe Taps	Neck Stretch (Yes motion)
Chest Stretch	Tummy Twist	Knee Extension	Arm Reach	Reach & Bend
Feet together and move knees away (feet planted)	Arm Raise	FREE	Feet shoulder width apart and move knees together (feet planted)	Arm Circles
Elbow to Knee	Neck Stretch (from left to right shoulder)	Sit to Stand (5 times)	Chest Press	Shin Strengtheners
Heel Raises	Neck Stretch (No motion)	Shoulder Flex	Sit & Reach	Elbow Press

B	I	N	G	O
Arm Reach	Neck Stretch (from left to right shoulder)	Arm Punches	Neck Stretch (No motion)	Arm Raise
Sit to Stand (5 times)	Feet together and move knees away (feet planted)	Heel Raises	Sit & Reach	Knee Extension
Shoulder Flex	Chest Press	FREE	Shin Strengtheners	Elbow to Knee
Squeeze Shoulder Blades together	Reach & Bend	Seated Jumping Jacks	Tummy Twist	Chest Stretch
Feet shoulder width apart and move knees together (feet planted)	Arm Circles	Neck Stretch (Yes motion)	Balancing Toe Taps	Elbow Press