B	I	N	G	O
Side bend to the right- 3 X	1 minute march in place	10 Squats	Reach to your toes- hold 15 sec	8 Lunges to the left
10 Push Ups	Side bend to the left- 3 X	Balance on left leg- 10 seconds	10 Butt kicks - right leg	Reach to the ceiling- 3 X
Run in place- 30 seconds	Step forward and back - 20 x	**FREE**	10 Butt kicks- left leg	15 small arm circles
20 High knees	Roll shoulders back- 20 seconds	25 Jumping Jacks	15 Second Plank	8 Lunges to the right
12 Calf raises	10 Hula-hoop hip circles	Balance on right leg- 10 seconds	Twist side to side 20 seconds	10 Situps

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B	I	N	G	O
Step forward and back - 20 x	10 Butt kicks - right leg	Reach to your toes- hold 15 sec	10 Push Ups	Balance on left leg- 10 seconds
10 Squats	Twist side to side 20 seconds	8 Lunges to the left	10 Hula-hoop hip circles	Reach to the ceiling- 3 X
20 High knees	10 Butt kicks- left leg	**FREE**	15 small arm circles	1 minute march in place
15 Second Plank	Balance on right leg- 10 seconds	Side bend to the right- 3 X	10 Situps	Roll shoulders back- 20 seconds
25 Jumping Jacks	8 Lunges to the right	Run in place- 30 seconds	Side bend to the left- 3 X	12 Calf raises

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B	I	N	G	O
10 Hula-hoop hip circles	Balance on right leg- 10 seconds	10 Butt kicks - right leg	8 Lunges to the right	10 Butt kicks- left leg
Side bend to the right- 3 X	20 High knees	25 Jumping Jacks	Side bend to the left- 3 X	8 Lunges to the left
Run in place- 30 seconds	10 Situps	**FREE**	Roll shoulders back- 20 seconds	15 Second Plank
Step forward and back - 20 x	Reach to the ceiling- 3 X	Reach to your toes- hold 15 sec	Twist side to side 20 seconds	10 Squats
15 small arm circles	1 minute march in place	Balance on left leg- 10 seconds	10 Push Ups	12 Calf raises

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