

B	I	N	G	O
Twist side to side 20 seconds	1 minute march in place	20 High knees	Run in place-45 seconds	Balance on right leg- 10 seconds
12 Calf raises	Star jumps x 10	Plank	10 Butt kicks	Roll shoulders back- 20 seconds
Squat & Reach to the ceiling- 10 X	Walking lunges	FREE	10 Squats	8 Lunges to the right
8 lunges to the left	Run the ladder 10x	Balance on left leg- 10 seconds	5 burpees	Crunches
20 Hula-hoop hip circles	10 press ups	Reach to your toes- hold 15 sec	Wall sit	15 small arm circles

B	I	N	G	O
Walking lunges	10 Butt kicks	Run in place-45 seconds	12 Calf raises	Plank
20 High knees	Wall sit	Balance on right leg- 10 seconds	10 press ups	Roll shoulders back- 20 seconds
8 lunges to the left	10 Squats	FREE	8 Lunges to the right	1 minute march in place
5 burpees	Reach to your toes- hold 15 sec	Twist side to side 20 seconds	15 small arm circles	Run the ladder 10x
Balance on left leg- 10 seconds	Crunches	Squat & Reach to the ceiling- 10 X	Star jumps x 10	20 Hula-hoop hip circles

B	I	N	G	O
10 press ups	Reach to your toes- hold 15 sec	10 Butt kicks	Crunches	10 Squats
Twist side to side 20 seconds	8 lunges to the left	Balance on left leg- 10 seconds	Star jumps x 10	Balance on right leg- 10 seconds
Squat & Reach to the ceiling- 10 X	15 small arm circles	FREE	Run the ladder 10x	5 burpees
Walking lunges	Roll shoulders back- 20 seconds	Run in place-45 seconds	Wall sit	20 High knees
8 Lunges to the right	1 minute march in place	Plank	12 Calf raises	20 Hula-hoop hip circles