

B	I	N	G	O
TEASER	ARM SPRINGS	HUNDREDS	SPINE STRETCH FORWARD	REFORMER ELEPHANT
FOOT CORRECTOR	SWIMMING	ROLLING LIKE A BALL	BOOMERANG	SHORT BOX TREE
SWAN	WUNDA CHAIR ELEPHANT	FREE	CADILLAC CHEST EXPANSION	MAT THIGH STRETCH
PEDI POLE	STOMACH MASSAGE	REFORMER CHEST EXPANSION	LEG SPRINGS	REFORMER THIGH STRETCH
LADDER BARREL STRETCHES	COORDINATION	SHORT BOX ROUND	WUNDA CHAIR PULL UP	GLUTES

B	I	N	G	O
WUNDA CHAIR ELEPHANT	BOOMERANG	SPINE STRETCH FORWARD	FOOT CORRECTOR	ROLLING LIKE A BALL
HUNDREDS	WUNDA CHAIR PULL UP	REFORMER ELEPHANT	COORDINATION	SHORT BOX TREE
PEDI POLE	CADILLAC CHEST EXPANSION	FREE	MAT THIGH STRETCH	ARM SPRINGS
LEG SPRINGS	SHORT BOX ROUND	TEASER	GLUTES	STOMACH MASSAGE
REFORMER CHEST EXPANSION	REFORMER THIGH STRETCH	SWAN	SWIMMING	LADDER BARREL STRETCHES

B	I	N	G	O
COORDINATION	SHORT BOX ROUND	BOOMERANG	REFORMER THIGH STRETCH	CADILLAC CHEST EXPANSION
TEASER	PEDI POLE	REFORMER CHEST EXPANSION	SWIMMING	REFORMER ELEPHANT
SWAN	GLUTES	FREE	STOMACH MASSAGE	LEG SPRINGS
WUNDA CHAIR ELEPHANT	SHORT BOX TREE	SPINE STRETCH FORWARD	WUNDA CHAIR PULL UP	HUNDREDS
MAT THIGH STRETCH	ARM SPRINGS	ROLLING LIKE A BALL	FOOT CORRECTOR	LADDER BARREL STRETCHES