

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

B	I	N	G	O
Sit to Stand (5 times)	Arm Punches	Neck Stretch (from left to right shoulder)	Chest Fly	Knees Up
Chest Stretch	Squeeze Shoulder Blades together	High Knees	Arm Reach	Neck Stretch (Yes motion)
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 (No motion)	Sit & Reach	Chest Press	Reach & Bend
Heel Raises	Knee Extension	Seated Jumping Jacks	Shoulder Shrugs	Elbow Press

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