

B	I	N	G	O
Sit & Reach	Ankle Circles	Bird Wings	Reach & Bend	Knee Extension
Arm Reach	Shoulder Rolls	Marching	Arm Circles	Shoulder Flexion
Tummy Twists	Arm Curls	FREE	Elbow Press	Elbow to Knee
Shin Strengtheners	Heel Raises	Neck Stretch	Chest Press	Leg Lifts
Arm Raises	Seated Jumping Jacks	Balancing Toe Taps	Wrist Circles	Bear Hugs

B	I	N	G	O
Tummy Twists	Wrist Circles	Arm Circles	Heel Raises	Arm Reach
Reach & Bend	Elbow to Knee	Bird Wings	Leg Lifts	Arm Curls
Elbow Press	Ankle Circles	FREE	Chest Press	Neck Stretch
Bear Hugs	Sit & Reach	Balancing Toe Taps	Shin Strengtheners	Arm Raises
Knee Extension	Chest Stretch	Shoulder Flexion	Marching	Shoulder Rolls

B	I	N	G	O
Shin Strengtheners	Chest Press	Tummy Twists	Bear Hugs	Reach & Bend
Seated Jumping Jacks	Shoulder Flexion	Wrist Circles	Heel Raises	Arm Curls
Neck Stretch	Arm Circles	FREE	Elbow Press	Bird Wings
Chest Stretch	Knee Extension	Arm Raises	Ankle Circles	Sit & Reach
Shoulder Rolls	Marching	Elbow to Knee	Leg Lifts	Balancing Toe Taps