

B	I	N	G	O
Step forward and back - 20 x	1 minute march in place	5 High knees	Roll shoulders back- 20 seconds	Balance on left leg- 10 seconds
10 tiny knee bends	Side bend to the right- 3 X	Butterfly stretch 45 seconds	10 Calf raises	Reach to your toes- hold 15 sec
Side bend to the left- 3 X	Twist side to side 20 seconds	FREE	10 jumping jacks	5 push ups
8 Lunges to the left	Run in place-45 seconds	8 Lunges to the right	5 Squats	Balance on right leg- 10 seconds
5 Hula-hoop hip circles	10 small arm circles	Reach to the ceiling- 3 X	crab walk front and back	45 second plank

B	I	N	G	O
Twist side to side 20 seconds	10 Calf raises	Roll shoulders back- 20 seconds	10 tiny knee bends	Butterfly stretch 45 seconds
5 High knees	crab walk front and back	Balance on left leg- 10 seconds	10 small arm circles	Reach to your toes- hold 15 sec
8 Lunges to the left	10 jumping jacks	FREE	5 push ups	1 minute march in place
5 Squats	Reach to the ceiling- 3 X	Step forward and back - 20 x	45 second plank	Run in place-45 seconds
8 Lunges to the right	Balance on right leg- 10 seconds	Side bend to the left- 3 X	Side bend to the right- 3 X	5 Hula-hoop hip circles

B	I	N	G	O
10 small arm circles	Reach to the ceiling- 3 X	10 Calf raises	Balance on right leg- 10 seconds	10 jumping jacks
Step forward and back - 20 x	8 Lunges to the left	8 Lunges to the right	Side bend to the right- 3 X	Balance on left leg- 10 seconds
Side bend to the left- 3 X	45 second plank	FREE	Run in place-45 seconds	5 Squats
Twist side to side 20 seconds	Reach to your toes- hold 15 sec	Roll shoulders back- 20 seconds	crab walk front and back	5 High knees
5 push ups	1 minute march in place	Butterfly stretch 45 seconds	10 tiny knee bends	5 Hula-hoop hip circles