

B	I	N	G	O
Side bend to the left - 3X	10 Jumping Jacks	20 Forw/Backw Hops	Reach to the ceiling - 3X	8 Lunges to the left
15 Arm circles	Run in place - 10 seconds	Balance on left leg - 10 seconds	10 Squat Jumps	Balance on right leg - 10 seconds
Roll shoulders back - 20 seconds	Side bend to the right - 3X	FREE	10 Squats	5 Pushups
5 Sit Ups	Reach to your toes - hold 10 sec	8 Burpees	20 Side to Side Hops	8 Lunges to the right
20 High knees	12 Calf raises	Balance on right leg - 10 seconds	Twist side to side 20 seconds	20 Butt kicks

B	I	N	G	O
Side bend to the right - 3X	10 Squat Jumps	Reach to the ceiling - 3X	15 Arm circles	Balance on left leg - 10 seconds
20 Forw/Backw Hops	Twist side to side 20 seconds	8 Lunges to the left	12 Calf raises	Balance on right leg - 10 seconds
5 Sit Ups	10 Squats	FREE	5 Pushups	10 Jumping Jacks
20 Side to Side Hops	Balance on right leg - 10 seconds	Side bend to the left - 3X	20 Butt kicks	Reach to your toes - hold 10 sec
8 Burpees	8 Lunges to the right	Roll shoulders back - 20 seconds	Run in place - 10 seconds	20 High knees

B	I	N	G	O
12 Calf raises	Balance on right leg - 10 seconds	10 Squat Jumps	8 Lunges to the right	10 Squats
Side bend to the left - 3X	5 Sit Ups	8 Burpees	Run in place - 10 seconds	8 Lunges to the left
Roll shoulders back - 20 seconds	20 Butt kicks	FREE	Reach to your toes - hold 10 sec	20 Side to Side Hops
Side bend to the right - 3X	Balance on right leg - 10 seconds	Reach to the ceiling - 3X	Twist side to side 20 seconds	20 Forw/Backw Hops
5 Pushups	10 Jumping Jacks	Balance on left leg - 10 seconds	15 Arm circles	20 High knees