

B	I	N	G	O
Twist side to side 20 seconds	1 minute march in place	30 tiny knee bends	Run in place-45 seconds	Get 8 hours of sleep
15 small arm circles	Step forward and back - 20 x	Reach to the ceiling- 3 X	10 Hula-hoop hip circles	Roll shoulders back- 20 seconds
Side bend to the right- 3 X	walk outside for 10 min	FREE	10 Squats	Balance on left leg- 30 seconds
Balance on right leg- 30 seconds	Side bend to the left- 3 X	Drink 3 glasses of water	8 Lunges to the right	Put on your favorite song and dance
8 Lunges to the left	12 Calf raises	Reach to your toes- hold 15 sec	walk outside for 10 min	20 High knees

B	I	N	G	O
walk outside for 10 min	10 Hula-hoop hip circles	Run in place-45 seconds	15 small arm circles	Reach to the ceiling- 3 X
30 tiny knee bends	walk outside for 10 min	Get 8 hours of sleep	12 Calf raises	Roll shoulders back- 20 seconds
Balance on right leg- 30 seconds	10 Squats	FREE	Balance on left leg- 30 seconds	1 minute march in place
8 Lunges to the right	Reach to your toes- hold 15 sec	Twist side to side 20 seconds	20 High knees	Side bend to the left- 3 X
Drink 3 glasses of water	Put on your favorite song and dance	Side bend to the right- 3 X	Step forward and back - 20 x	8 Lunges to the left

B	I	N	G	O
12 Calf raises	Reach to your toes- hold 15 sec	10 Hula-hoop hip circles	Put on your favorite song and dance	10 Squats
Twist side to side 20 seconds	Balance on right leg- 30 seconds	Drink 3 glasses of water	Step forward and back - 20 x	Get 8 hours of sleep
Side bend to the right- 3 X	20 High knees	FREE	Side bend to the left- 3 X	8 Lunges to the right
walk outside for 10 min	Roll shoulders back- 20 seconds	Run in place-45 seconds	walk outside for 10 min	30 tiny knee bends
Balance on left leg- 30 seconds	1 minute march in place	Reach to the ceiling- 3 X	15 small arm circles	8 Lunges to the left