

B	I	N	G	O
Shoulder Roll	Arm Circles	Chest Press	Reach & Bend	Heel Raises
Arm Reach	Shoulder Flex	Marching	Arm Half Moon	Neck Stretch (from left to right shoulder)
Shin Strengtheners	Sit & Reach	FREE	Arm Punches	Elbow to Knee
Feet shoulder width apart and move knees together (feet planted)	Seated Jumping Jacks	Feet together and move knees away (feet planted)	Elbow Press	Knee Extension
Chest Stretch	Arm Raise	Neck Stretch (from chest to back)	Squeeze Shoulder Blades together	Balancing Toe Taps

B	I	N	G	O
Sit & Reach	Arm Half Moon	Reach & Bend	Arm Reach	Marching
Chest Press	Squeeze Shoulder Blades together	Heel Raises	Arm Raise	Neck Stretch (from left to right shoulder)
Feet shoulder width apart and move knees together (feet planted)	Arm Punches	FREE	Elbow to Knee	Arm Circles
Elbow Press	Neck Stretch (from chest to back)	Shoulder Roll	Balancing Toe Taps	Seated Jumping Jacks
Feet together and move knees away (feet planted)	Knee Extension	Shin Strengtheners	Shoulder Flex	Chest Stretch

B	I	N	G	O
Arm Raise	Neck Stretch (from chest to back)	Arm Half Moon	Knee Extension	Arm Punches
Shoulder Roll	Feet shoulder width apart and move knees together (feet planted)	Feet together and move knees away (feet planted)	Shoulder Flex	Heel Raises
Shin Strengtheners	Balancing Toe Taps	FREE	Seated Jumping Jacks	Elbow Press
Sit & Reach	Neck Stretch (from left to right shoulder)	Reach & Bend	Squeeze Shoulder Blades together	Chest Press
Elbow to Knee	Arm Circles	Marching	Arm Reach	Chest Stretch