

B	I	N	G	O
Shoulder Rolls	Ankle Alphabet	Back Arm Stretch	Leg Lifts	Elbow Press
Arm Punches	Seated Jumping Jacks	Forward Bend	Ankle Circles	Leg Extensions
Reach and Bend	Train Whistles	FREE	Arm Cross Over Stretch	Bird Wings
Chest Press	Marches	Chest Stretch	Bear Hug	Elbow to Knee
Balance Toe Taps	Arm Curls	Heel Raises	Wrist Circles	Arm Reach

B	I	N	G	O
Train Whistles	Ankle Circles	Leg Lifts	Arm Punches	Forward Bend
Back Arm Stretch	Wrist Circles	Elbow Press	Arm Curls	Leg Extensions
Chest Press	Arm Cross Over Stretch	FREE	Bird Wings	Ankle Alphabet
Bear Hug	Heel Raises	Shoulder Rolls	Arm Reach	Marches
Chest Stretch	Elbow to Knee	Reach and Bend	Seated Jumping Jacks	Balance Toe Taps

B	I	N	G	O
Arm Curls	Heel Raises	Ankle Circles	Elbow to Knee	Arm Cross Over Stretch
Shoulder Rolls	Chest Press	Chest Stretch	Seated Jumping Jacks	Elbow Press
Reach and Bend	Arm Reach	FREE	Marches	Bear Hug
Train Whistles	Leg Extensions	Leg Lifts	Wrist Circles	Back Arm Stretch
Bird Wings	Ankle Alphabet	Forward Bend	Arm Punches	Balance Toe Taps