

B	I	N	G	O
Side bend to the right- 3 X	10 High knees	5 Hula-hoop hip circles	Reach to your toes- hold 5 sec	Balance on right leg- 5 seconds
5 Butt kicks- left leg	Side bend to the left- 3 X	Belly Breathe -6 breaths	20 second march in place	Reach to the ceiling- 3 X
Shrug shoulders 5 x	Star jumps- 5x	FREE	5 Arm flaps (like a bird)	5 Squats
5 small arm circles	Run in place-45 seconds	Balance on left leg- 5 seconds	5 Lunges to the right	Balance on right leg- 5 seconds
5 Lunges to the left	5 Butt kicks - right leg	Pursed Lip Exhale Breathing- 6x	Step forward and back - 20 x	5 Calf raises

B	I	N	G	O
Star jumps- 5x	20 second march in place	Reach to your toes- hold 5 sec	5 Butt kicks- left leg	Belly Breathe -6 breaths
5 Hula-hoop hip circles	Step forward and back - 20 x	Balance on right leg- 5 seconds	5 Butt kicks - right leg	Reach to the ceiling- 3 X
5 small arm circles	5 Arm flaps (like a bird)	FREE	5 Squats	10 High knees
5 Lunges to the right	Pursed Lip Exhale Breathing- 6x	Side bend to the right- 3 X	5 Calf raises	Run in place-45 seconds
Balance on left leg- 5 seconds	Balance on right leg- 5 seconds	Shrug shoulders 5 x	Side bend to the left- 3 X	5 Lunges to the left

B	I	N	G	O
5 Butt kicks - right leg	Pursed Lip Exhale Breathing- 6x	20 second march in place	Balance on right leg- 5 seconds	5 Arm flaps (like a bird)
Side bend to the right- 3 X	5 small arm circles	Balance on left leg- 5 seconds	Side bend to the left- 3 X	Balance on right leg- 5 seconds
Shrug shoulders 5 x	5 Calf raises	FREE	Run in place-45 seconds	5 Lunges to the right
Star jumps- 5x	Reach to the ceiling- 3 X	Reach to your toes- hold 5 sec	Step forward and back - 20 x	5 Hula-hoop hip circles
5 Squats	10 High knees	Belly Breathe -6 breaths	5 Butt kicks- left leg	5 Lunges to the left