

B	I	N	G	O
Step ups	Ball squeezes	Seated ankle circles	Standing hip extension	Seated toe raises
FREE	Step downs	Squats	Ball toss	Standing heel raises
Standing side kicks	Wheel forward	FREE	Chair crunches	Seated jumping jacks
Seated knee extension	Standing marches	Seated marching	Seated hip abduction	Sit to stands
Seated heel raises	Cross body punches	Standing hamstring curls	Wrist circles	Forward bend

B	I	N	G	O
Wheel forward	Ball toss	Standing hip extension	FREE	Squats
Seated ankle circles	Wrist circles	Seated toe raises	Cross body punches	Standing heel raises
Seated knee extension	Chair crunches	FREE	Seated jumping jacks	Ball squeezes
Seated hip abduction	Standing hamstring curls	Step ups	Forward bend	Standing marches
Seated marching	Sit to stands	Standing side kicks	Step downs	Seated heel raises

B	I	N	G	O
Cross body punches	Standing hamstring curls	Ball toss	Sit to stands	Chair crunches
Step ups	Seated knee extension	Seated marching	Step downs	Seated toe raises
Standing side kicks	Forward bend	FREE	Standing marches	Seated hip abduction
Wheel forward	Standing heel raises	Standing hip extension	Wrist circles	Seated ankle circles
Seated jumping jacks	Ball squeezes	Squats	FREE	Seated heel raises