

B	I	N	G	O
Touch your toes	2 Jumping jacks	Arm Raises	Seated Jumping Jacks	Knee Extensions
Arm Circles	Sit and reach	Neck Stretch	2 Jumping jacks	Reach and Bend
Shoulder flex	Tummy twists	FREE	Ankle Circles	FREE
Hamstring stretch	Shoulder Rolls	Heel Raises	Chest Press	Leg Lifts
Bird Wings	Arm Circles	Neck Stretch	Wrist Circles	Arm Curls

B	I	N	G	O
Tummy twists	2 Jumping jacks	Seated Jumping Jacks	Arm Circles	Neck Stretch
Arm Raises	Wrist Circles	Knee Extensions	Arm Circles	Reach and Bend
Hamstring stretch	Ankle Circles	FREE	FREE	2 Jumping jacks
Chest Press	Neck Stretch	Touch your toes	Arm Curls	Shoulder Rolls
Heel Raises	Leg Lifts	Shoulder flex	Sit and reach	Bird Wings

B	I	N	G	O
Arm Circles	Neck Stretch	2 Jumping jacks	Leg Lifts	Ankle Circles
Touch your toes	Hamstring stretch	Heel Raises	Sit and reach	Knee Extensions
Shoulder flex	Arm Curls	FREE	Shoulder Rolls	Chest Press
Tummy twists	Reach and Bend	Seated Jumping Jacks	Wrist Circles	Arm Raises
FREE	2 Jumping jacks	Neck Stretch	Arm Circles	Bird Wings