

B	I	N	G	O
Twist side to side 20 seconds	1 minute jog in place	15 small arm circles	Side bend to the left- 3 X	Balance on right leg- 10 seconds
12 Calf raises	Step forward and back - 20 x	Reach to the ceiling- 3 X	10 Butt kicks - right leg	Roll shoulders back- 20 seconds
Skipping 30 secs	stretch arms in front of your body	FREE	10 Hula-hoop hip circles	8 Lunges to the left
8 Lunges to the right	Side bend to the right- 3 X	Balance on left leg- 10 seconds	30 squats	Belly Breathe -6 breaths
20 High knees	10 Squats	Reach to your toes- hold 15 sec	walk in place-45 seconds	15 situps

B	I	N	G	O
stretch arms in front of your body	10 Butt kicks - right leg	Side bend to the left- 3 X	12 Calf raises	Reach to the ceiling- 3 X
15 small arm circles	walk in place-45 seconds	Balance on right leg- 10 seconds	10 Squats	Roll shoulders back- 20 seconds
8 Lunges to the right	10 Hula-hoop hip circles	FREE	8 Lunges to the left	1 minute jog in place
30 squats	Reach to your toes- hold 15 sec	Twist side to side 20 seconds	15 situps	Side bend to the right- 3 X
Balance on left leg- 10 seconds	Belly Breathe -6 breaths	Skipping 30 secs	Step forward and back - 20 x	20 High knees

B	I	N	G	O
10 Squats	Reach to your toes- hold 15 sec	10 Butt kicks - right leg	Belly Breathe -6 breaths	10 Hula-hoop hip circles
Twist side to side 20 seconds	8 Lunges to the right	Balance on left leg- 10 seconds	Step forward and back - 20 x	Balance on right leg- 10 seconds
Skipping 30 secs	15 situps	FREE	Side bend to the right- 3 X	30 squats
stretch arms in front of your body	Roll shoulders back- 20 seconds	Side bend to the left- 3 X	walk in place-45 seconds	15 small arm circles
8 Lunges to the left	1 minute jog in place	Reach to the ceiling- 3 X	12 Calf raises	20 High knees