

Chair Bingo

Squeeze Shoulder Blades together	Arm Circles	Elbow to Knee	Reach & Bend	Knee Extension
Chest Press	Sit & Reach	Neck Stretch (No motion)	Arm Punches	Neck Stretch (from left to right shoulder)
Shoulder Shrugs	Toe Taps	FREE	Arm Raise	Heel Raises
Heel Raises	Seated Jumping Jacks	High Knees	Feet together and move knees away (feet planted)	Knees Up
Feet shoulder width apart and move knees together (feet planted)	Arm Reach	Neck Stretch (Yes motion)	Toe Touches	Chest Stretch

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Toe Taps	Arm Punches	Reach & Bend	Chest Press	Neck Stretch (No motion)
Elbow to Knee	Toe Touches	Knee Extension	Arm Reach	Neck Stretch (from left to right shoulder)
Heel Raises	Arm Raise	FREE	Heel Raises	Arm Circles
Feet together and move knees away (feet planted)	Neck Stretch (Yes motion)	Squeeze Shoulder Blades together	Chest Stretch	Seated Jumping Jacks
High Knees	Knees Up	Shoulder Shrugs	Sit & Reach	Feet shoulder width apart and move knees together (feet planted)

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Arm Reach	Neck Stretch (Yes motion)	Arm Punches	Knees Up	Arm Raise
Squeeze Shoulder Blades together	Heel Raises	High Knees	Sit & Reach	Knee Extension
Shoulder Shrugs	Chest Stretch	FREE	Seated Jumping Jacks	Feet together and move knees away (feet planted)
Toe Taps	Neck Stretch (from left to right shoulder)	Reach & Bend	Toe Touches	Elbow to Knee
Heel Raises	Arm Circles	Neck Stretch (No motion)	Chest Press	Feet shoulder width apart and move knees together (feet planted)