

|                         |                          |                           |                                   |                   |
|-------------------------|--------------------------|---------------------------|-----------------------------------|-------------------|
| <b>B</b>                | <b>I</b>                 | <b>N</b>                  | <b>G</b>                          | <b>O</b>          |
| Run in place 10 seconds | 10 Push-ups              | 10 Supermans              | 5 spins each R and L              | 20 sec plank hold |
| 10 Squat jumps          | Crab walk 10 seconds     | 5 Curtsey Lunges Each Leg | 10 Single leg hops (5 each leg)   | 5 Lunges each Leg |
| Bear walk 10 seconds    | Side step 5 R and 5 Left | <b>FREE</b>               | 10 Sit-ups                        | 10 jumping jacks  |
| 10 walking lunges       | 5 split jumps            | 20 jump rope              | 10 hop from one foot to the other | 30 hula hoops     |
| 10 front kicks          | 10 Skips                 | 5 Frog jumps              | Skip 10 seconds                   | 10 Squats         |

| <b>B</b>                                   | <b>I</b>                                 | <b>N</b>                      | <b>G</b>                   | <b>O</b>                        |
|--------------------------------------------|------------------------------------------|-------------------------------|----------------------------|---------------------------------|
| Side step<br>5 R and<br>5 Left             | 10 Single<br>leg hops<br>(5 each<br>leg) | 5 spins<br>each R<br>and L    | 10<br>Squat<br>jumps       | 5 Curtsey<br>Lunges<br>Each Leg |
| 10<br>Supermans                            | Skip 10<br>seconds                       | 20 sec<br>plank<br>hold       | 10 Skips                   | 5 Lunges<br>each Leg            |
| 10<br>walking<br>lunges                    | 10<br>Sit-ups                            | <b>FREE</b>                   | 10<br>jumping<br>jacks     | 10<br>Push-ups                  |
| 10 hop<br>from one<br>foot to the<br>other | 5 Frog<br>jumps                          | Run in<br>place 10<br>seconds | 10<br>Squats               | 5 split<br>jumps                |
| 20 jump<br>rope                            | 30 hula<br>hoops                         | Bear<br>walk 10<br>seconds    | Crab<br>walk 10<br>seconds | 10 front<br>kicks               |

| <b>B</b>                 | <b>I</b>          | <b>N</b>                        | <b>G</b>             | <b>O</b>                          |
|--------------------------|-------------------|---------------------------------|----------------------|-----------------------------------|
| 10 Skips                 | 5 Frog jumps      | 10 Single leg hops (5 each leg) | 30 hula hoops        | 10 Sit-ups                        |
| Run in place 10 seconds  | 10 walking lunges | 20 jump rope                    | Crab walk 10 seconds | 20 sec plank hold                 |
| Bear walk 10 seconds     | 10 Squats         | <b>FREE</b>                     | 5 split jumps        | 10 hop from one foot to the other |
| Side step 5 R and 5 Left | 5 Lunges each Leg | 5 spins each R and L            | Skip 10 seconds      | 10 Supermans                      |
| 10 jumping jacks         | 10 Push-ups       | 5 Curtsey Lunges Each Leg       | 10 Squat jumps       | 10 front kicks                    |