

B	I	N	G	O
Trunk Rotation	Backward Rows	High Knees	Standing Marches	Shoulder Press
Forward Rows	Toe Taps R	Sit & Reach	Calf Raises	Squeeze Shoulder Blades together
Toe Taps L	Wand Twist	FREE	Chest Press	Knee Extension
Seated Jumping Jacks	Toe Taps	Shoulder Flexion	Hip Adduction	Shoulder Shrugs
Hip Abduction	Elbow Up/Down	Sit to Stand (5 times)	Wrist Up/Down	Heel Raises

B	I	N	G	O
Wand Twist	Calf Raises	Standing Marches	Forward Rows	Sit & Reach
High Knees	Wrist Up/Down	Shoulder Press	Elbow Up/Down	Squeeze Shoulder Blades together
Seated Jumping Jacks	Chest Press	FREE	Knee Extension	Backward Rows
Hip Adduction	Sit to Stand (5 times)	Trunk Rotation	Heel Raises	Toe Taps
Shoulder Flexion	Shoulder Shrugs	Toe Taps L	Toe Taps R	Hip Abduction

B	I	N	G	O
Elbow Up/Down	Sit to Stand (5 times)	Calf Raises	Shoulder Shrugs	Chest Press
Trunk Rotation	Seated Jumping Jacks	Shoulder Flexion	Toe Taps R	Shoulder Press
Toe Taps L	Heel Raises	FREE	Toe Taps	Hip Adduction
Wand Twist	Squeeze Shoulder Blades together	Standing Marches	Wrist Up/Down	High Knees
Knee Extension	Backward Rows	Sit & Reach	Forward Rows	Hip Abduction