

B	I	N	G	O
WHAT DO YOU DO IF YOU FALL?	ARM CIRCLES	FREE	SHOULDER PRESS	LEG KICKS
FORWARD TRUNK LEAN	TRUNK TWISTS	MODIFIED JUMPING JACKS	CHEST FLY's	SHARE A FUN FACT ABOUT YOURSELF?
TOE TAPS	WHAT IS NORMAL HEART RATE?	FREE	CHEST PRESS	HOW CAN YOU PREVENT FALLS?
KNEE TAPS	SHOULDER RAISES	LEG ABDUCTION/ADDUCTION	HEEL RAISES	MARCHING
FREE	CORE HOLD (Lean back hold x10sec)	REACHING ACROSS BODY	WHEELCHAIR PUSH-UPS	FREE

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WHAT IS NORMAL HEART RATE?	CHEST FLY's	SHOULDER PRESS	FORWARD TRUNK LEAN	MODIFIED JUMPING JACKS
FREE	WHEELCHAIR PUSH-UPS	LEG KICKS	CORE HOLD (Lean back hold x10sec)	SHARE A FUN FACT ABOUT YOURSELF?
KNEE TAPS	CHEST PRESS	FREE	HOW CAN YOU PREVENT FALLS?	ARM CIRCLES
HEEL RAISES	REACHING ACROSS BODY	WHAT DO YOU DO IF YOU FALL?	FREE	SHOULDER RAISES
LEG ABDUCTION/ADDUCTION	MARCHING	TOE TAPS	TRUNK TWISTS	FREE

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CORE HOLD (Lean back hold x10sec)	REACHING ACROSS BODY	CHEST FLY's	MARCHING	CHEST PRESS
WHAT DO YOU DO IF YOU FALL?	KNEE TAPS	LEG ABDUCTION/ADDUCTION	TRUNK TWISTS	LEG KICKS
TOE TAPS	FREE	FREE	SHOULDER RAISES	HEEL RAISES
WHAT IS NORMAL HEART RATE?	SHARE A FUN FACT ABOUT YOURSELF?	SHOULDER PRESS	WHEELCHAIR PUSH-UPS	FREE
HOW CAN YOU PREVENT FALLS?	ARM CIRCLES	MODIFIED JUMPING JACKS	FORWARD TRUNK LEAN	FREE