B	I	N	G	O
Box Breathing	10 arm circles	15 side steps (L)	30s dance	20 arm circles
10 squats	8 raise the roof	20 sit/stands	10 flex/point	5 squats
Stretch	10 high knees	1m orchestra	1m pause	30s walk
1m walk	30s 1 leg	15 side steps (R)	20 high knees	10 sit/stand
30s orchestra	10s 1 leg	Wrist Rolls	10s jump rope	1m dance

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B	I	N	G	O
Stretch	10 high knees	5 squats	10 flex/point	10 sit/stand
10s jump rope	30s walk	1m orchestra	20 arm circles	30s 1 leg
10 squats	15 side steps (L)	20 sit/stands	20 high knees	Box Breathing
1m walk	10s 1 leg	8 raise the roof	15 side steps (R)	30s dance
30s orchestra	Wrist Rolls	1m dance	10 arm circles	1m pause

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B	I	N	G	O
30s walk	20 high knees	10s 1 leg	10s jump rope	15 side steps (R)
10 sit/stand	1m dance	10 squats	1m orchestra	Box Breathing
1m walk	30s orchestra	20 sit/stands	10 high knees	8 raise the roof
Stretch	30s 1 leg	Wrist Rolls	10 flex/point	10 arm circles
1m pause	5 squats	30s dance	15 side steps (L)	20 arm circles

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