

B	I	N	G	O
Reach for toes for 10 seconds	10 high skips in place	12 high knees	Hop on left foot 10x	6 push-ups
12 backward arm circles	March in place 20 steps	Balance on leg for 10 seconds	10 jumping jacks	Dance for 15 seconds
Jog in place for 30 seconds	Tiptoe around for 30 seconds	FREE	10 lunges in place	20 second plank
5 sit-ups	Hop on right foot 10x	5 squats	20 butt-kicks	8 walking lunges
15 calf raises	10 shoulder rolls	Caller's Choice	Your favorite exercise!	12 forward arm circles

B	I	N	G	O
Tiptoe around for 30 seconds	10 jumping jacks	Hop on left foot 10x	12 backward arm circles	Balance on leg for 10 seconds
12 high knees	Your favorite exercise!	6 push-ups	10 shoulder rolls	Dance for 15 seconds
5 sit-ups	10 lunges in place	FREE	20 second plank	10 high skips in place
20 butt-kicks	Caller's Choice	Reach for toes for 10 seconds	12 forward arm circles	Hop on right foot 10x
5 squats	8 walking lunges	Jog in place for 30 seconds	March in place 20 steps	15 calf raises

B	I	N	G	O
10 shoulder rolls	Caller's Choice	10 jumping jacks	8 walking lunges	10 lunges in place
Reach for toes for 10 seconds	5 sit-ups	5 squats	March in place 20 steps	6 push-ups
Jog in place for 30 seconds	12 forward arm circles	FREE	Hop on right foot 10x	20 butt-kicks
Tiptoe around for 30 seconds	Dance for 15 seconds	Hop on left foot 10x	Your favorite exercise!	12 high knees
20 second plank	10 high skips in place	Balance on leg for 10 seconds	12 backward arm circles	15 calf raises