

B	I	N	G	O
Sliding Board Scissors	Alt Toe Taps	DB Oblique Crunches	Seated Jumping Jacks	In & Out (Ball)
DB Chest Press	Sliding Board Back/Forth	Leg Lifts	Banded Arm Curls	Rainbows
Sit to Stand	Standing Squats	FREE	Banded Lat Raises	Elbow to Knee
Fast Feet (Double Time)	Side-Side punch	Heel Taps	Disco	Knee Raise Claps
DB Y Press	Calf Raises	Marching	Whirl Wind	DB Flys

B	I	N	G	O
Standing Squats	Banded Arm Curls	Seated Jumping Jacks	DB Chest Press	Leg Lifts
DB Oblique Crunches	Whirl Wind	In & Out (Ball)	Calf Raises	Rainbows
Fast Feet (Double Time)	Banded Lat Raises	FREE	Elbow to Knee	Alt Toe Taps
Disco	Marching	Sliding Board Scissors	DB Flys	Side-Side punch
Heel Taps	Knee Raise Claps	Sit to Stand	Sliding Board Back/Forth	DB Y Press

B	I	N	G	O
Calf Raises	Marching	Banded Arm Curls	Knee Raise Claps	Banded Lat Raises
Sliding Board Scissors	Fast Feet (Double Time)	Heel Taps	Sliding Board Back/Forth	In & Out (Ball)
Sit to Stand	DB Flys	FREE	Side-Side punch	Disco
Standing Squats	Rainbows	Seated Jumping Jacks	Whirl Wind	DB Oblique Crunches
Elbow to Knee	Alt Toe Taps	Leg Lifts	DB Chest Press	DB Y Press