

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

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

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