

B	I	N	G	O
30 second single leg balance x 2	10 banded knee flexion	10 rows	10 wrist extension	10 standing marches
10 heel raises	2 minute putty	10 supination/pronation	10 bicep curls	10 tricep extension
2 minute putty	5 sit to stand	FREE	10 bicep curls	10 seated adductors
10 seated clam shell	10 wrist flexion	10 seated clam shell	10 seated adductors	10 steps ups
10 rows	10 heel raises	10 tricep extension	5 sit to stand	10 knee banded knee extensions

B	I	N	G	O
5 sit to stand	10 bicep curls	10 wrist extension	10 heel raises	10 supination/pronation
10 rows	5 sit to stand	10 standing marches	10 heel raises	10 tricep extension
10 seated clam shell	10 bicep curls	FREE	10 seated adductors	10 banded knee flexion
10 seated adductors	10 tricep extension	30 second single leg balance x 2	10 knee banded knee extensions	10 wrist flexion
10 seated clam shell	10 steps ups	2 minute putty	2 minute putty	10 rows

B	I	N	G	O
10 heel raises	10 tricep extension	10 bicep curls	10 steps ups	10 bicep curls
30 second single leg balance x 2	10 seated clam shell	10 seated clam shell	2 minute putty	10 standing marches
2 minute putty	10 knee banded knee extensions	FREE	10 wrist flexion	10 seated adductors
5 sit to stand	10 tricep extension	10 wrist extension	5 sit to stand	10 rows
10 seated adductors	10 banded knee flexion	10 supination/pronation	10 heel raises	10 rows